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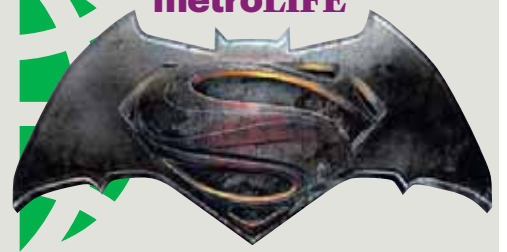
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Your essential daily news | **MONDAY, JULY 13, 2015**

High 22°C/Low 14°C Chance of rain

Easy rider



Zeke Thurston from Big Valley rides Easy To Love to victory in the Saddle Bronc finals at the Calgary Stampede rodeo Sunday.
See **metroSPORTS**. CANDICE WARD/FOR METRO

Stampede had it all

WRAP-UP

**From strong
numbers to
sex on video,
officials reflect**

**Lucie
Edwardson**
Metro | Calgary

The good: Attendance exceeded expectations.

The bad: A triple stabbing on the midway.

The ugly: A public sex act caught on video.

As the 2015 Calgary Stampede drew to a close Sunday, organizers reflected on the past 10 days.

Stampede president Bill Gray said despite a provincewide economic downturn, attendance numbers were on par with 2014 at 1.2 million and just shy of the Stampede centennial record of 1.409 million, set in 2012.

This year's event also saw the deaths of three rodeo horses and the disqualification of one rodeo participant for animal cruelty.

"This was the first breach of a rule that was so clearly evident to all other competitors and people in the audience that we just acted and enforced our rules," said Gray.

Stampede CEO Warren Connell said the triple stabbing that took place last Thursday on the midway was a "regrettable but isolated incident."

And regarding the now notorious public sex act caught on tape, Connell noted it took place just off the Stampede grounds and it does not reflect the values of his organization.

"There are always going to be individuals who do not thoughtfully represent Calgary and Calgarians and it's unfortunate, but it doesn't reflect badly on Stampede."

More on the final days of Stampede in metroNEWS

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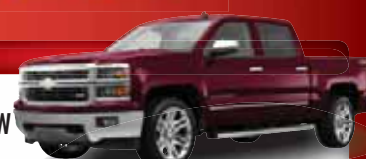
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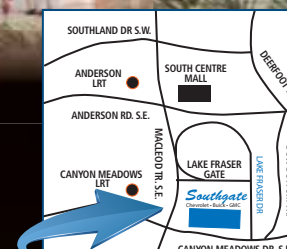
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IN BRIEF

Two bodies found inside Valley Ridge home

Calgary police continue to investigate after two people were found dead in the northwest community of Valley Ridge over the weekend.

Officers were initially called to a home on Valley Crest Close NW around 10:30 a.m. Saturday, where they found two bodies.

Paramedics declared both people deceased at the home and did not attempt resuscitation.

Police are treating the deaths as suspicious, and homicide detectives were called in to investigate.

The gender and ages of the deceased were not immediately released. **METRO**

Man killed, another wounded in shooting

Homicide detectives are investigating after one person was killed and another seriously wounded by gunfire in northeast Calgary Saturday.

Police responded to a call at about 3:45 a.m. in the 5300 block of Rundlehorn Drive NW, and, upon arrival, were directed to a car. Inside the vehicle, officers found two men. One was already dead and the other was taken to hospital where he was later listed in stable condition.

Acting Det. Martin Taylor said they were no immediate suspects. Anyone with information is asked to call police at 403-266-1234, or Crime Stoppers anonymously at 1-800-222-8477.

METRO

Property tax 'devastating'

REAL ESTATE

Family business shocked by rate hike of 165%

Jeremy Simes
For Metro | Calgary

A Calgary business owner says he had no choice but to bite the bullet and pay the city an eye-popping 165 per cent increase to his property tax bill this year.

Diversified Staffing Services/PEO Canada, an employment management company located at the corner of 5 Avenue and 7 Street SW, paid \$476,499 in property taxes in June 2015, up from a bill of \$185,714 in 2014.

Diversified's president and founder Randy Ward said the property tax hike came as a huge shock.

"It's devastating to our family business," he said, adding he intends to slug it out, despite the massive year-over-year increase.

"We're stuck," he said. "And we're going to have to eat it."

The reason for the massive property-tax hike was related to three nearby properties that recently sold for large sums, said the city's assessment director Nelson Karpa.

Those property purchases rippled across the downtown landscape, pushing land values up and increasing property taxes for businesses in the area, he said.

The purchases the city included in its assessment were: One 64,000-square-foot loca-



Diversified Staffing Services/PEO Canada president and founder Randy Ward says his family business is devastated after the city hiked its property taxes by 165 per cent in 2015. JEREMY SIMES/FOR METRO



We're stuck. And we're going to have to eat it.

Randy Ward

tion that sold for \$90 million, another 118,000-square-foot space for \$52 million, and a smaller 3,200-square-foot spot for \$2.5 million.

"I understand Mr. Ward's concern," Karpa said. "I'm comfortable that we evaluated that land correctly, given the land deals I have seen."

"The value of Mr. Ward's asset is significant," he added. "In our opinion, he could turn around and sell that land for around that \$30 million range."

Ward said he doesn't intend to sell.

According to commercial real estate specialist Kyle Fletcher,

executive vice-president of property tax consulting at Altus Group, the city has used a small number of property sales as market indicators for its 2015 assessments.

Altus Group will be representing a number of business owners — including Diversified — at the city's assessment review board hearings throughout the fall.

"At first blush, Altus Group does not agree with the ap-

proach the city has used," Fletcher said.

"We are in the process of completing our analysis for the upcoming assessment board hearings."

The 2015 assessments are based on market indicators of July 2014, when the market was in better shape, Fletcher said, adding the market appears to be trending downward, which could have the effect of bringing down assessments in 2016.

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NOTICE OF HEARING FOR Permanent Guardianship Order To Sheila Nilghe

Take notice that on the 27th day of July 2015 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 — 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order**; of your child born on **March 5, 2014**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

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NORTHEAST

Airplane noise still plaguing residents



Helen Pike
Metro | Calgary

Calgary residents contending with noisy airplanes overhead say they've seen some improvement since the airport tweaked its flight paths but still get regular headaches.

The problems began more than a year ago when a new runway at the Calgary airport

opened, leading to new flight paths that have rocked Rundle and other northeast neighbourhoods.

Coun. Ray Jones, who in June 2014 said he was inundated with calls, said the planes are still plaguing residents — himself included — and that he's at their mercy, just like any other Calgarian.

"Some days it's really good, and other days it's really bad," said Jones.

He noted some improvements and said residents aren't calling him with complaints as often, as they have learned to file them with the airport directly or Transport Canada.

In late April, the airport made tweaks to flight paths to reduce noise near residential areas.

"The aim for these changes is to keep aircraft over as much of the industrial areas as possible and as high as possible in order

to decrease some of the impact on surrounding communities," airport spokeswoman Jody Moseley told Metro at the time.

But Rundle community association president Larry Yasman said that depending on the weather and where the wind is coming from, the sound disturbance can vary.

"From where I live, it has improved, but it's still not ideal," said Yasman. "I think I sent in 15 complaints so far this week."



Streets in Chestermere looked like rivers Sunday as heavy rains led to flooding. COURTESY NEWSTALK 770

Thunderstorm wreaks havoc

WEATHER

Electricity lost, flights delayed, streets flooded

Lucie Edwardson and Robson Fletcher
Metro | Calgary

Heavy rains and lightning rocked Calgary on Sunday, knocking out power for tens of thousands of people, while also delaying flights in and out of the city and leading to widespread flooding in Chestermere.

Enmax spokeswoman Doris Kaufmann Woodcock said 20,000 Calgary customers were without power at the height of the storm damage, but by noon on Sunday that was trimmed to about 550 customers.

"Those customers might need more extensive repairs done, so it could take a little while to fix," she said. "Crews are finding more damages in those areas as they work, so just for the sake of efficiency

they are staying in those areas to fix issues rather than moving on to their next scheduled location."

Dozens of flights in and out of Calgary International Airport were cancelled due to the weather.

Calgary police said some flash flooding was observed at 68th Street and McKnight Boulevard and traffic lights were down in numerous areas across the city.

More severe flooding was reported in Chestermere, where streets were covered with water and basements inundated.

"This was an intensely severe storm that brought an amount of water that overwhelmed our systems," Chestermere's director of emergency management Steve Bagley said in a release Sunday afternoon. "We are working hard to assist residents and restore services as quickly as possible."

More rain is likely on the way Monday.

Environment Canada forecasts a 60 per cent chance of showers in the afternoon with risk of a thunderstorm.

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IN BRIEF

Woman and teen killed in collision east of Calgary

Two people are dead after a semi hauling cement collided with their vehicle.

RCMP responded to a call just after 3:25 p.m. Saturday at the intersection of Highways 817 and 901 in southern Alberta.

A 16-year-old boy from Strathmore and a 63-year-old woman believed to be from Calgary who were trav-

elling in a Toyota Matrix died as a result of the collision.

The driver of the semi was not injured.

RCMP said that alcohol, weather and road conditions are not factors in this crash.

The accident remains under investigation. The names of the victims have not yet been released while police notify next of kin.

METRO



Jaida Lacombe is excited to welcome Miles into her home after taking part in the adoption event. JEREMY SIMES/FOR METRO

Felines find friends fast

PETS

City exceeded mass adoption expectations

After hearing about the city's animal shelters bursting at the seams with furry friends, Calgarians came to the rescue.

From Wednesday to Saturday, 134 animals were adopted at the Calgary Humane Society, relieving much pressure for the overcapacity shelter, said spokeswoman Sage Pullen McIntosh.

"We've just been overwhelmed by how great everybody is and how much support we have in the community," she said.

The CHS shelter, designed for 400 animals, was housing as many as 800 when the call went out for emergency adoptions.

On Sunday, people — like Peter Lacombe and his daughter, Jaida — lined up in droves at the humane society to welcome new additions to their families.

"They (pets) can understand you," Jaida said, as her new nine-year-old cat, Miles, sat patiently

inside his kennel. "And you can cuddle with them."

The Alberta Animal Rescue Crew Society (AARCS) also saw many people come out to lighten the load of felines at its shelter.

At AARCS's mass-adoption event on Saturday, 65 cats were greeted by their new owners. That exceeded the expectations of Deanna Thompson, AARC's executive director. "We were hoping for 50 adoptions," she said. "It was amazing."

Because of the community's support, AARCS no longer has to shut its doors to new intakes, Thompson added.

"It's super important; it means we can bring in more cats and save more lives," she said.

Pullen McIntosh echoed that, highlighting the community's vital role when it comes to helping animals in need.

"It's huge," she said. "We can't function without our community. We really do need that support: donations, volunteers, adopters, or just people who are out sharing positive messages on social media."

JEREMY SIMES/FOR METRO

NATURAL DISASTER

Jasper Park wildfire easing with rain



Ryan Tumilty
Metro | Edmonton

With a little help from Mother Nature, crews have been able to get on the ground to confront a wildfire in Jasper National Park, but the blaze is still categorized as out of control.

The fire, which broke out Thursday and burned for

much of the weekend, is starting to slow down, thanks to a small amount of recent rain.

"It has allowed us to safely get crews on the ground and start working on the fire line, so establishing a perimeter and containing that fire," said Kim Weir, a fire communications officer with the park.

She said before the rain, the fire was simply moving too fast to get crews on

the ground fighting it, but they're now on attempting to establish a fire line, while helicopters attack from above.

"It has allowed us to change tactics and actually directly attack this fire," she said.

Weir said they believe the fire was caused by a lightning strike, but it may have taken days or a week to emerge and expand.

"That fire actually smoulders underneath the ground for a period of time until we have just the right conditions for it to come to life," she said.

The Jasper wildfire was among more than 100 burning in Alberta Sunday, with many others burning in Saskatchewan and British Columbia as well, leading to air quality issues in some communities.

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IN BRIEF

Worker injured by electric fence at Calgary Zoo

Occupation Health and Safety officials have been notified after a landscape worker suffered an electric shock at the Calgary Zoo over the weekend.

Paramedics were called shortly after 9 a.m. Saturday after it was reported that a worker had been injured.

When emergency units arrived they found a man, believed to be in his late 30s, who came into contact with an electrically-charged fence while doing landscaping work in the area.

The man was transported to hospital in stable, non-life-threatening condition for precautionary reasons, according to paramedics. METRO



FULL HOUSE STEVIE WONDER PERFORMS AT SADDLEDOME Grammy Award-winning music legend Stevie Wonder performs to a full house at the Scotiabank Saddledome during the final night of the Calgary Stampede on Sunday. CANDICE WARD/FOR METRO

Third horse dies after injuring leg

CHUCKWAGON RACES

Two horses belonging to Layne Bremner now dead

A third horse involved in the Calgary Stampede chuckwagon races was euthanized after Day 9 of the Rangeland Derby on Saturday night.

According to Stampede officials, an outrider horse from the Layne Bremner crew pulled up during the race with an injury. No contact was made with another horse or wagon.

The thoroughbred horse named Russian was examined by veterinary staff and the injury was deemed to be an "untreatable breakdown injury" in the front left leg. The horse was then humanely euthanized.

"This injury — suspensory ligament rupture — is most commonly seen in racehorses and occasionally seen in other types of sport horses," said Greg Evans, the official veterinarian for the Calgary Stampede, in a written statement.

Russian was acquired by Bremner in Saskatoon five years ago and was previously a racehorse.

According to Calgary Stampede officials, nearly every horse

competing in the chuckwagon event is a former racehorse.

Officials with the Calgary Stampede said that given the physiology of large animals like the horse, the injury could not be repaired.

There will be no post-mortem done on the horse as the injuries do not require further examination, Stampede officials said.

On July 4, a 10-year-old thoroughbred also belonging to Bremner was also euthanized after breaking its leg during a chuckwagon race.

And on July 6, a horse belonging to BJ Carey was injured in a collision with another wagon and later euthanized. METRO

IN BRIEF

Man charged in connection with Stampede stabbing

Calgary police have charged one man in connection with a stabbing on the Calgary Stampede grounds. Police found two people with stab

wounds, one critically injured. After a foot chase taking officers off Stampede grounds, a third person was found stabbed and was transported to hospital by EMS.

Police believe that third

person is responsible for the stabbing of the person who remains in critical condition.

Rinato Toy, 20, of Calgary is charged with one count of aggravated assault among other charges. METRO

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When Dan Vroon established Craftworks Taphouse and Bistro in Seoul, South Korea, he aimed to appeal to ex-pats and locals interested in craft brews. The next thing he knew, he was promoting a whole new industry. THE CANADIAN PRESS

B.C. brew breaks in

INTERNATIONAL BUSINESS

Abbotsford man brings craft beer to South Korea

Dan Vroon says he didn't set out to transform the South Korean beer industry, but the Abbotsford, B.C., native's attempt to bring craft beer to the masses has kick-started a revolution in a market long dominated by a duopoly.

Vroon's Craftworks Taphouse and Bistro in Seoul was one of the first in a new wave of craft breweries that have renewed interest in craft beer in the country.

Vroon said before he entered the business in 2010, imports of North American brews from the Boston Beer Company and Edmonton's Alley Cat Brewing Company were the only way for South Korea's large ex-pat community to get a taste of home.

He set out to build a craft brewery to serve that crowd, as well as locals looking for something other than the rice-based, low-alcohol lagers from Hite Brewery Company and Oriental Brewing that dominate South Korean taps.

"They were missing the market entirely," he said.

Vroon said he ran up against the thicket of regulation that had stopped the flow of beer from other craft breweries.

Vroon pushed back against rules that required breweries have more than one million litres of capacity before selling to wholesalers — rules that shut the door on smaller operations.

He said he also pushed for transparency on taxation after the first brewery he worked with was nearly bankrupted by an unexpected tax bill more than 10 times what authorities predicted.

He said he did his best to work within rules that prevented or

made prohibitively expensive the importing of the yeast and hops necessary to make a top-quality brew.

"The brewing laws were written in the 1950s," he said. "Nobody was around who understood them."

Vroon found the South Korean government receptive to new ideas that could promote local business.

In 2011, the government reduced the distributing requirement from one million litres of capacity to 120,000 litres, one of the first in a series of reforms that Vroon said has reinvigorated the craft beer market.

And as more breweries come online, he said, there are more voices pressuring the government for reform.

"They haven't given us everything, but they've definitely freed up the brewers to distribute their beer, cut some of the taxation and gave rebates for the smaller guys," Vroon said. "Now, the craft beer scene is booming."

Some of the beers Craftworks offers: The Jirisan Moon Bear India Pale Ale, the Seorak Oatmeal Stout and Baekdusan unfiltered wheat beer.

Vroon's work in developing a craft-brew palate among South Koreans has inspired others to bring in Canadian beer to meet the rising demand.

Brock Rodgers, co-founder of the Mission Springs Brewery in Mission, B.C., now exports around 40 per cent of his production of hops-heavy, full-flavoured beers to South Korea after beginning shipments in 2013.

"At that time, Dan (Vroon) was the only guy in town that was doing anything craft and doing it well," he said.

Rodgers said even with significant import taxes on his products that send the price well above domestic competition, his business is doing well because they are viewed as a premium product. THE CANADIAN PRESS

ECONOMY

Tories bust out wallets before election

All but overlooked in the past week of troubling economic news was federal Finance Minister Joe Oliver's unexpected nod to government stimulus spending.

The run-up to an October general election is happening amid talk of recession, international downgrades of Canada's growth prospects, weak world oil prices and several grim provincial outlooks

— stormy seas for an incumbent Conservative government seeking a fourth mandate after staking its reputation on sound economic management.

A Conservative re-election plan hatched in sunnier days when a return to balanced budgets could co-exist with voter-friendly spending is being repurposed as a recession-fighting necessity.

"Some of the measures

which the prime minister announced and which I announced in the budget will inject almost \$10 billion in cash into the economy this year," Oliver told reporters in Vancouver last Tuesday.

Parents with children under 18 will start receiving new benefit cheques — retroactive to Jan. 1 — on July 20 in a one-time, pre-election burst of cash totalling more than

\$2.5 billion.

Conservative ministers and MPs are also announcing new community infrastructure projects almost daily this summer from a variety of funds — some of which have lain fallow awaiting the optimal pre-election moment. Oliver's office says the government added more than \$1.6 billion to existing projects.

THE CANADIAN PRESS

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Greece aims to make deal and avoid national financial crash

EUROZONE

But creditors insist on tough austerity measures

Greece moved closer on Sunday to a desperately needed deal with European creditors that would stave off immediate financial collapse and the country's potential exit from the euro but impose more hardship on its people.

Facing a self-imposed Sunday deadline, the eurozone's top official, Jeroen Dijsselbloem, said the sides have "come a long way" after two days of talks among finance ministers, but that the final effort on "some big issues" would be handled by eurozone leaders in a summit that was expected to go into the night.

Underscoring the optimism despite the often fundamental differences among the leaders, Italian Prime Minister Matteo

Renzi said, "We are very close."

The broad outline of a deal appeared to consist of a long series of commitments from Greek Prime Minister Alexis Tsipras to push through much of a drastic austerity program within days, while the 18 other eurozone leaders would commit to start talks on a new bailout program.

In a four-page draft proposal put to eurozone leaders and obtained by The Associated Press, language up for discussion spoke of a potential "time out from the euro area" for Greece if no agreement could be found.

It highlighted the increasing frustration with Greece during five months of fruitless talks. On Sunday, doubts on the Greek government's commitment to implement tough measures continued.

"The most important currency has been lost: That is trust and reliability," said German Chancellor Angela Merkel, reflecting on five months of tortuous negotiations with Athens.

In the draft document, Greece



German Chancellor Angela Merkel, left, speaks with French President Francois Hollande, centre, and Greek Prime Minister Alexis Tsipras during a meeting at the EU Council building in Brussels on Sunday. THE ASSOCIATED PRESS

committed itself to pushing a first set of measures through parliament by Wednesday. Despite

the stinging conditions on pension, market and privatization reforms, Tsipras insisted his govern-

+ BACKGROUND

Greece desperately needs help to avoid a financial collapse. The economy is in free fall, and the country faces big debt repayments in the coming weeks. Greek banks have been shuttered for the better part of two weeks, and daily withdrawals from ATMs have been limited to a paltry 60 euros. The banks, according to some accounts, have barely enough cash to last through the week.

ment was ready to clinch a deal. "We owe that to the peoples of Europe who want Europe united and not divided," he said. "We can reach an agreement tonight if all parties want it."

Greece has asked Europe's bailout fund for a 53.5 billion-euro, three-year financial package but many officials in Brussels

say the figure will have to be much higher and insist on tough Greek austerity measures. This would be Greece's third bailout in five years.

Merkel, however, insisted that Germany would not sway from its stance that Greece needs to do much more to get any help just to save its position in the 19-nation eurozone. "There will not be an agreement at all costs," she said, coming into Sunday's summit meeting. "Nerves are tense."

Highlighting the differences within the creditors' camp, French President Francois Hollande insisted it was vital to keep Greece in the currency club and avoid a so-called "Grexit."

If Greece had to leave the euro currency "it's Europe that would go backward," Hollande said. "And that I do not want."

France is considered Greece's closest ally and even helped Tsipras prepare the reform proposals that were a minimum requirement for getting fresh talks.

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MEXICO

Notorious drug lord on the lam

Mexico mounted an all-out manhunt Sunday for its most powerful drug lord, Joaquin (El Chapo) Guzman, who escaped from a maximum security prison through a 1.5-kilometre tunnel from a small opening in the shower area of his cell, according to the country's top security official.

The elaborate underground escape route, built allegedly without the detection of authorities, allowed Guzman to do what Mexican officials promised would never happen after his recapture

last year — slip out of one of the country's most secure penitentiaries for the second time.

If Guzman is not captured immediately, the drug lord will likely be back in full command and control of the Sinaloa cartel in 48 hours, said Michael S. Vigil, a retired U.S. Drug Enforcement Administration chief of international operations.

"We may never find him again," he said. "All the accolades that Mexico has received in their counterdrug efforts will be erased by this one event."

Eighteen employees from various part of the Altiplano prison, 90 kilometres west of Mexico City, have been taken in for questioning, Security Commissioner Monte Alejandro Rubido said in a news conference without answering questions.

A manhunt began immediately late Saturday for the head of the powerful Sinaloa Cartel, which has an international reach and is believed to control most of the major crossing points for drugs at the U.S. border with Mexico. THE ASSOCIATED PRESS

ISRAEL

Suspects in arson attack arrested

Israeli police have arrested a number of suspects in last month's arson attack on a famous Catholic church in the Holy Land, police spokesman Micky Rosenfeld said Sunday.

The fire is believed to be an attack by Jewish extremists, but Rosenfeld would not elaborate on the identity of those arrested.

The June 18 fire at the Church of the Multiplication of the Loaves and Fish caused extensive damage to the inside and outside of the building, in-

cluding damage to the roof and prayer books.

The modern building is built on the remains of a fifth-century Byzantine church and features a Byzantine mosaic floor that was not harmed. The church marks the traditional spot of Jesus' miracle of the loaves and fish, and is located on the shore of the Sea of Galilee in northern Israel. It is one of the most popular stops for Christian pilgrims visiting the Holy Land.

THE ASSOCIATED PRESS

IN BRIEF

Scottish woman dies in hospital after spending three days in crashed car

A 25-year-old Scottish woman — who lay injured in her crashed car for three days because police failed to respond to an accident report — has died. Lamara Bell's family says she died in a Glasgow hospital Sunday, a week after the accident. She was found Wednesday beside her dead boyfriend John Yuill in a car that had slid down an embankment near Stirling in central Scotland. THE ASSOCIATED PRESS



An honour guard lowers the Confederate flag in Columbia, S.C., on Friday. JOHN BAZEMORE/THE ASSOCIATED PRESS

Flag's fall just the first step: Prof

SOUTH CAROLINA

Confederate icon lowered, but not 'end of conversation'

Legions of people clapped, cheered and cried as South Carolina lowered the Confederate battle flag. But the euphoria of a moment more than a decade in the making quickly began to shift to a hard question: what exactly had been accomplished for race relations? Was it more symbolic than substantive?

A flag is gone. But discrimination, poverty and inequality still exist around the United States, with some wondering if the time and energy spent on the Confederate battle flag might have been better used tackling other racial issues facing Americans.

"It was easy to focus on the flag, as opposed to the issues that have divided blacks and whites historically," said Carol Swain, a law and political-science professor at Vanderbilt University.

But a symbolic victory is still a victory, others argued, with this one meaning more than most — that the feelings of a minority population perpetually outvoted and not always considered in the South had finally been acknowledged. The abrupt shift in political willingness to take down the flag from the Statehouse grounds came just weeks after nine black people were shot to death during Bible study at the Emanuel African Methodist Episcopal Church in Charleston. Photos of the man charged with their slayings showed him displaying the Confederate flag, and authorities have described the slayings as a hate crime.

In the years before, it was viewed as political suicide to

push to remove the flag from the Statehouse grounds. Former governors David Beasley of South Carolina and Roy Barnes of Georgia were voted out of office over the issue. Beasley had proposed relocating the flag from the Statehouse to a monument. Barnes had introduced a new state flag to reduce the size of the Confederate battle symbol emblazoned on it.

The ceremony on Friday when the flag was removed brought out a jubilant, hundreds-deep multiracial crowd.

Still, no one is naive enough to believe that taking down the flag will end racism or discrimination in the South, said Trent Brown, a Mississippi native and America Studies professor at the Missouri University of Science and Technology. There are still discussions about policing and voting rights to be had, he said.

More blacks live in poverty than anyone else in the U.S. — 27.2 per cent, according to the U.S. Census Bureau. More than 2.5 million African Americans were arrested in 2013 — second only to the 6.2 million whites arrested, according to the FBI. But there were more black men than white in state and federal prisons in 2013 — 526,000 compared with 454,100, according to the Bureau of Justice Statistics.

"It doesn't change poverty in South Carolina. It doesn't change access to certain kinds of power. It doesn't change disabilities or discriminations that people labour under," Brown said. "I think the flag change is not a sign that everything is now fine, that the work of reconciliation is done. I think it is an important measure but I don't think people who celebrate the flag coming down will or should see it as the end of the conversation."

THE ASSOCIATED PRESS

INDIA

Last month's floods killed 10 rare lions

Monsoon flooding that killed dozens of people in western India last month also hurt the world's last population of wild Asiatic lions, forest officials said in a report.

At least 81 people died in mudslides, collapsed homes or high waters in Gujarat state, while thousands were forced to evacuate their homes.

The rains also killed at least 10 of the country's 523 lions

— the last members of the subspecies left anywhere in the wild — as well as prey animals, including more than 80 spotted deer and 1,670 Asian antelope, called blue bulls, according to a report submitted over the week-end to the federal environment ministry in New Delhi.

The animal deaths underline conservationists' concerns about keeping all of the lions in a single location.

The conservationists argued successfully in India's Supreme Court in 2013 for some to be relocated to a second sanctuary far away to prevent the population from being hit all at once by natural disaster or disease. But Gujarat has resisted moving any of the lions.

"There is no cause for panic," said C.N. Pandey, a forest official in Gujarat. "Conservation efforts are ongoing." THE ASSOCIATED PRESS

+ COMMUNITY

Hundreds of park workers, activists and villagers launched a search for the lions and found about 80 "roaming safely in their territory," killing animals from surrounding areas, the report said.

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Sea-to-sea expansion

RETAIL

Quebec-based fashion chain Simons targets western Canada

One of Canada's oldest family-owned retailers is hoping to defy industry woes by launching an expansion that could extend the Simons brand across Canada.

The 175-year-old company based in Quebec City will open its ninth Quebec store in Gatineau next month before entering the British Columbia and Ontario markets and expanding its presence in Alberta.

The fashion retailer is spending up to \$200 million over the next four years to open eight stores. It says the move is intended to boost its annual sales base of more than \$350 million.

An outlet will open this fall in West Vancouver, followed by openings next year in Mississauga, Ont., and Ottawa. A second Edmonton store and a new one in Calgary will be added in 2017, and two more stores are expected to open in the Toronto



Simons CEO Peter Simons poses in the fashion retailer's Quebec City store. Simons is one of Canada's oldest family-owned retailers, and the family hopes to defy industry woes by launching an expansion that could extend the store's brand across Canada. JACQUES BOISSINOT/THE CANADIAN PRESS

suburb of Scarborough in 2018 and at the Yorkdale Shopping Centre in 2019.

Atlantic Canada, the Prairies or Winnipeg could join the list as more stores are added to reach a maximum of 25 to 30 stores, says CEO Peter Simons.

But Simons says he doesn't feel any pressure to make hasty moves.

"You don't think in next-quarter increments when you're a private company of five generations," he said from Quebec City. "You think in 25-year increments."

Missing from the Simons national expansion plans is downtown Toronto, one of Canada's toughest retail markets. Simons made a pitch to enter the Eaton

Centre but that didn't materialize. Meanwhile, U.S. retailer Nordstrom will open next year at the old Sears location in the Eaton Centre.

Retail analyst Randy Harris of Trendex believes Simons' gradual expansion will make it a "national powerhouse" in the Canadian apparel market.

"A lot of retailers, while they're

worrying about Nordstrom and Saks, have got to be equally worried about Simons," Harris said.

He said Simons' mid-market pricing and strong private label offering will resonate with shoppers looking for something new. In addition to clothes, Simons sells some home goods and is introducing shoes and a new restaurant concept called Eve. But unlike department stores, it doesn't sell cosmetics or "hard goods" like appliances.

Simons says he and his brother are keenly aware of the risks — particularly in trying to build upon its success in Quebec and spread it to English Canada while juggling the logistics of operating across the country.

As a relatively unknown brand outside Quebec, Simons said he knows the first challenge will be marketing — specifically, to develop a relationship with shoppers so they keep returning after the initial rush wears off.

"There's still going to be this almost primordial desire for human contact, a quality human contact," he said. "I'm not trying to win their minds or their wallets. I'd like to win their hearts."

THE CANADIAN PRESS

VIDEO GAMES

Nintendo president dead at 55

Satoru Iwata, the longtime president of Nintendo, has died at 55, the company announced Sunday.

In a brief statement, the gaming company said, "Nintendo Co., Ltd. deeply regrets to announce that President Satoru Iwata passed away on July 11, 2015 due to a bile duct growth."

Iwata began working in the industry in the early 1980s. He joined Nintendo in 2000 and was appointed president in 2002.

Iwata, an enormously popular and influential figure in the industry, oversaw everything from hits like the GameBoy Advance SP and the Wii to the less successful Wii U. There has been no word yet on his replacement.

TORSTAR NEWS SERVICE



Satoru Iwata in 2009

DAVID MCNEW/GETTY IMAGES FILE





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MCDONALD'S

Minions toy upsets customers

McDonald's swears up and down that the little yellow "Minions" Happy Meal toy is speaking only nonsense words and not something more adult.

The world's largest hamburger chain and purveyor of Happy Meals said Friday it doesn't plan to take the talking Happy Meal

toy out of distribution — the promotion runs through the end of July — even though some customers say it sounds like cursing.

A toy bought by The Associated Press made a sound that could be interpreted as the phrase often abbreviated as "WTF." Another sounded like it could be "Well, I'll

be damned." The sound quality makes it hard to say definitively.

"The brain tries to find a pattern match, even when just receiving noise, and it is good at pattern recognition," says Dr. Steven Novella, a neurologist at the Yale School of Medicine.

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ROSEMARY WESTWOOD

metroview

Maybe we should plan a little less and say yes a little more

It shouldn't be so hard to have fun.

On a recent afternoon, I was throwing out texts like confetti, looking for friends to come out and play.

Few could be found. Some had plans. Most just didn't feel like it.

Who doesn't feel like fun? The 30-somethings, that's who. We're too tired, too busy or too lazy for impromptu fun — the hallmark of youth. We're not the new 20. We're way too uptight for that.

We (OK, I'm 29) have a lot on the go. We pack our lives as tight as carry-on luggage, and curate our playtime like our wardrobe, pairing these people with those, never mixing those with them. Worse, we have an outsized sense of personal time — a euphemism for selfishness.

We're not up for anything, we're up for exactly what we feel like doing at exactly this minute.

Want to make plans? Let's play it by ear! Should we meet up? I'll see how I feel!

"This shouldn't be so hard," I complained to one friend, who agreed.

"Where's my crew?" I asked. She shook her head. Planning a party, she noted, is truly harder than herding cats. Some people promise to "stop by for a bit" before another event (they never show). Others "aren't sure

if they can make it" — code words for not wanting to commit.

We're not innocent, my friend and I agreed. We both cancel coffee dates on a whim. The other weekend I texted a friend that we'll "keep in touch about Sunday," and we didn't talk again for a whole week.

"The more the merrier" isn't a phrase we use often. We'll see one friend for a movie, another for a coffee, another for a yoga class. God forbid we should invite anyone else. We haven't seen this person in weeks (so busy!) — We need to catch up!

When I lived in the U.K., I had a true crew. We did everything together. Everyone was invited. There were no friend schedules. Fun was not work. Every Christmas Eve we'd sit around someone's table, with goose- or turkey-piled plates and Prosecco-topped glasses.

I imagined I'd own a house one day, and the door would always be open. People would pop by unexpectedly and stay for coffee. If anyone dropped by my apartment these days, I'd drop dead of shock.

If I have to work harder to find a friend than a source for a story, something is wrong. Maybe we should get over ourselves just a little bit, plan a little less, and say yes a little more. Either that, or admit it: We're too old to let the good times roll.

THE BIG POLL: Fitness fails

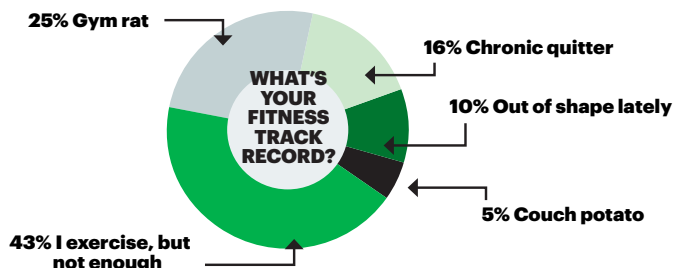
From skimpy summer clothes to Pan Am bodies, many of us have fitness on the brain. Wearable devices can help track your progress — if you use them. Recent research shows only half the people who sign up for the activity tracker Fitbit stick with it. A third quit within six months. We asked our online readers if they've ever flaked out on their fitness goals. THE ASSOCIATED PRESS

POLL: What would get you to stick to a fitness routine?

- 50% I have a routine
- 27% More hours in the day
- 7% Looking at super-fit people
- 7% A big financial reward
- 5% Doctor's orders
- 4% Nothing



POLL: Have you ever used a fitness app or wearable device?



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The curious history of Calgary's only naval base

KINGKADE'S CALGARY

Roger Kingkade



Like most major cities in Canada, Calgary has a rich military history. If you doubt this, think back to the summer of 2013, when happy hikers in the Weaselhead were discovering UXOs — unexploded ordnances — on the recently rinsed landscape. That was the site of the old Sarcee Military Training Range.

And like many major cities in Canada, Calgary has some landmarks that make you go, "What's that about?" Sometimes the two cross paths.

Now, if you think you're about to read about the big rocky numbers on Signal Hill, I don't blame ya. That's not what this is about.

Next time you're north-bound on Crowchild Trail

approaching the bend just before 17th Ave (the ever-present traffic jam), keep your peepers peeled for a nondescript blue and white building with a faded paint job save for where some large letters used to be.

That there is the old naval museum. Before that, it was the HMCS Tecumseh Navy Base. Calgary, my friends, had a navy base.

This is one of Calgary's great head-scratchers.

For starters, it's impossible for the ship known as Her Majesty's Canadian Ship Tecumseh to get to open water via the bow. Not because of access, mind you, but because the ship is a building located at 1820 24th St SW. True story.

So let's answer the question that burns in the minds of all Calgarians who get stuck in that traffic jam: Why does Calgary have a navy base?

KC Richards, spokesman for

Calgary's military museums, reminded me of an exhibit from a few years back called "Prairie Boys at Sea." The military estimates 22 per cent of sailors in Second World War were landlubbers from the prairie provinces seeking adventure on the ocean.

It makes sense there would be a naval recruiting station in Calgary, or any Canadian city for that matter.

Any of Canada's sons would do for service for King and Country.

It's remarkable HMCS Tecumseh is still there. Without a world war raging, Canada cut defence spending. It survived. When the Canadian Armed Forces were unified in 1968, Tecumseh survived.

The biggest threat may have been a fire in 1981. This event may have been the most water HMCS Tecumseh has ever seen. And she survived.

This peculiar base has an

important present as well as a noble history. HMCS Tecumseh is a training facility and houses a reserves unit. Other squadrons are in Edmonton and Red Deer respectively, so those cities share our maritime curiosity. You'll find both sea and naval cadets operating out of Tecumseh.

If you still think Calgary is a strange place for a naval base, you're right. That doesn't make us less proud of our naval tradition. Since the 1940s, HMCS hasn't seen much combat, but Calgary's sailors have been involved in critical missions: the Swissair 111 disaster; the Red River Flood of 1997.

Now you know.

Roger Kingkade co-hosts the Kingkade and Breakenridge show every weekday morning from 9 a.m. to noon on NewsTalk 770.

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PHILOSOPHER CAT
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A burnout and a has-been

BATMAN V SUPERMAN

New trailer out at Comic-Con shows clash of fallen heroes

All is not well for Superman, audiences at Comic-Con found out on Saturday during a jam-packed and revealing Warner Bros. presentation. The studio also debuted a first look at the comic-book movie Suicide Squad at the annual convention.

Batman v Superman: Dawn of Justice was the main event that fans had camped out for days to see. Stars Ben Affleck, Henry Cavill, Gal Gadot and Jesse Eisenberg were on hand to talk about the superhero showdown — a step up from last year's Comic-Con when none of the stars was allowed to talk.

In the first full trailer for the film, out on March 25, 2016, we see a society that has turned against the godlike Superman (Cavill) following a massive disaster. While Holly Hunter's



“I think if I thought too hard about the actors who played this part before, I couldn't have taken the job.”

Ben Affleck on playing Batman

steadfast senator schemes with Eisenberg's Lex Luthor to protect the public from the dangerous Superman, Affleck's Batman decides to take matters into his own hands.

“The idea of Batman fighting Superman is a thing that happens all the time in comic books,” said Zack Snyder, who also directed Man of Steel. He

likes to pay homage to Frank Miller's The Dark Knight but wanted to make clear that this story is not that story.

Oscar-winning screenwriter Chris Terrio (Argo) wrote the script.

Snyder said the story will also launch toward bigger conflicts with other superheroes. “Who knows?” he said coyly.

“I mean, I do know.”

While audiences have met Cavill's Superman before, this is their first real introduction to Affleck's Batman.

“I think if I thought too hard about the actors who played this part before, I couldn't have taken the job,” said Affleck.

But Snyder explained to him that this Batman would be different.

He told Affleck that Bruce Wayne here is at “the end of his rope, he's older, he's a burnout.”

As the villain Lex Luthor, Eisenberg said that there's “always a campy element to the character.”

But unlike in previous versions, this Lex Luthor has an “emotional groundedness.” He

also has hair.

Gadot, who plays Wonder Woman in this film and in an upcoming standalone, said her character has the “strength of a superhero” but is “very sophisticated, loving and has a lot of emotional intelligence.”

Warner Bros. also showed the first footage from Suicide Squad, another DC Comic about a group of imprisoned supervillains recruited by a government organization to perform black ops for their freedom.

The film, directed by David Ayer, stars Will Smith as Deadshot, Margot Robbie as Harley Quinn, and Jared Leto as The Joker.

The first trailer shows the origins of the gritty, punk rock group of villains turned heroes.

“So that's it, we're the paties. We're some kind of suicide squad,” Smith's Deadshot says in the trailer. “So let's save the world.”

Leto's snivelling Joker, who sounds strikingly similar to Heath Ledger's version, closed the trailer with an ominous threat.

“No, I'm not gonna kill you. I'm just gonna hurt you, really, really bad,” he says.

Ayer, who is in the middle of shooting the movie in Toronto, made it a priority to fly to the convention with his cast.

He brought out Smith, Robbie, Viola Davis and others to say hello and quickly exit the stage. Smith said they'll be back next year for the film, which comes out on Aug. 5, 2016. THE ASSOCIATED PRESS

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The great shark disparity

BEACH SAFETY

Risk of shark attacks down in California, despite North Carolina news

Swimmers and surfers today are about 90 per cent less likely to be attacked by sharks off California's coast than they were in the 1950s, even though there are hundreds of thousands more people in the water, according to a new study.

The findings mark a stark contrast to recent headlines out of North Carolina, where a record

number of shark attacks have been reported this year. Eight people were bitten in the past three weeks alone.

More research is needed to explain the apparent disparity, said Francesco Ferretti of Stanford University's Hopkins Marine Station.

What the study did show was that although the reported number of attacks along California has risen slightly over the past six decades, the risk of attack has plummeted, according to Ferretti and fellow Stanford researcher Fiorenza Micheli.

"Considering how many more people are out there in the ocean, we should expect many more attacks," Ferretti said Thursday.

Researchers said the decline

likely was the result of sharks focusing their attention on their natural prey, such as sea lions and elephant seals — whose populations have surged in recent years thanks to conservation efforts.

There might also be fewer sharks in the water, they said. It's been tough historically to track shark populations.

On average in the 1950s, California saw less than one attack on humans per year, Micheli said. That number has gone up to about one or two attacks a year over the past decade.

The human population in coastal California tripled during the same period — from seven million in the 1950s to 21 million in 2013, the study

said. Meanwhile, the number of surfers, scuba divers and beachgoers has spiked.

In December, a juvenile great white pulled a man off his surfboard along the Central Coast. That was about 80 kilometres up the coast from the site of an attack on a surfer near Vandenberg Air Force Base in October. Both men survived.

In North Carolina, most of this year's attacks happened

in shallow water. The eight reported in the past three weeks broke a record for the most shark bites off the state's coast in the 80 years in which records have been kept.

Ferretti said more research is needed to determine what's behind that spike. Some experts say it might be related to an unseasonably hot June that rapidly raised ocean temperatures off North Carolina

and prompted fish to migrate north earlier than usual.

In California, researchers put the odds of a swimmer getting attacked by a great white at about one in every 738 million beach visits.

"You have a better chance of winning the lottery," Ferretti said. For surfers, the chances were one in 17 million.

Attacks are 17 times more likely in San Diego, Orange, Los Angeles and Ventura counties. That's because sharks in Southern California tend to be juveniles, so they're smaller and less dangerous, researchers said. As they grow, they migrate north to find prey, so they're more dangerous in Northern California.

THE ASSOCIATED PRESS

REDUCING THE RISK

Attack rates in California vary throughout the year, with the highest in October and November and the lowest between March and May. The pattern matches sharks' seasonal shifts in migration, says Francesco Ferretti of Stanford University's Hopkins Marine Station.



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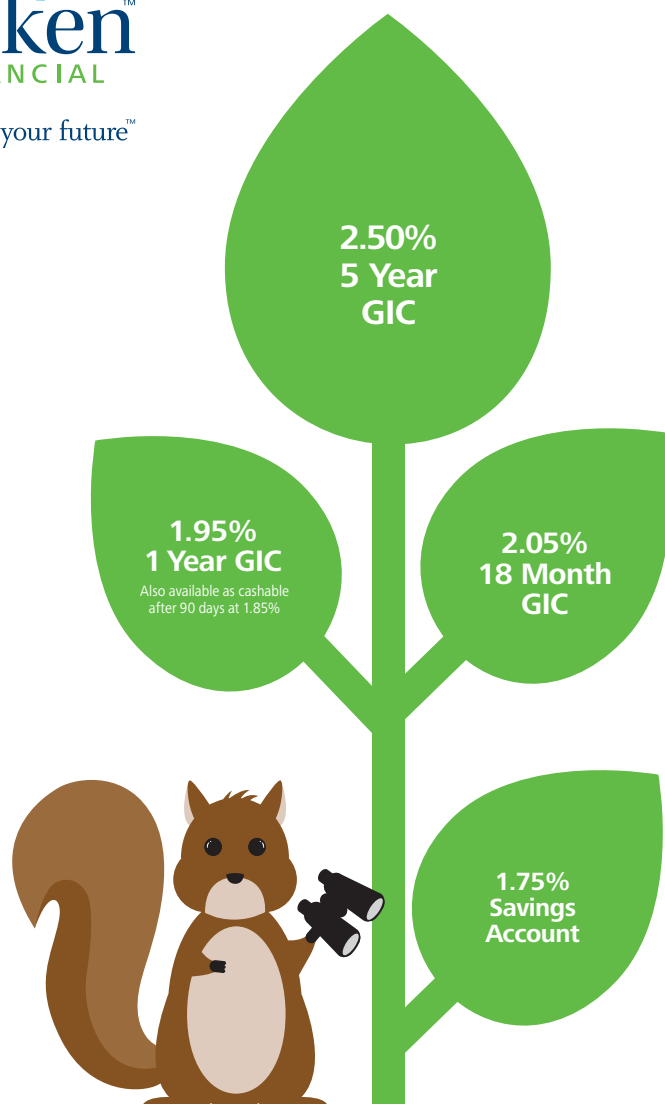
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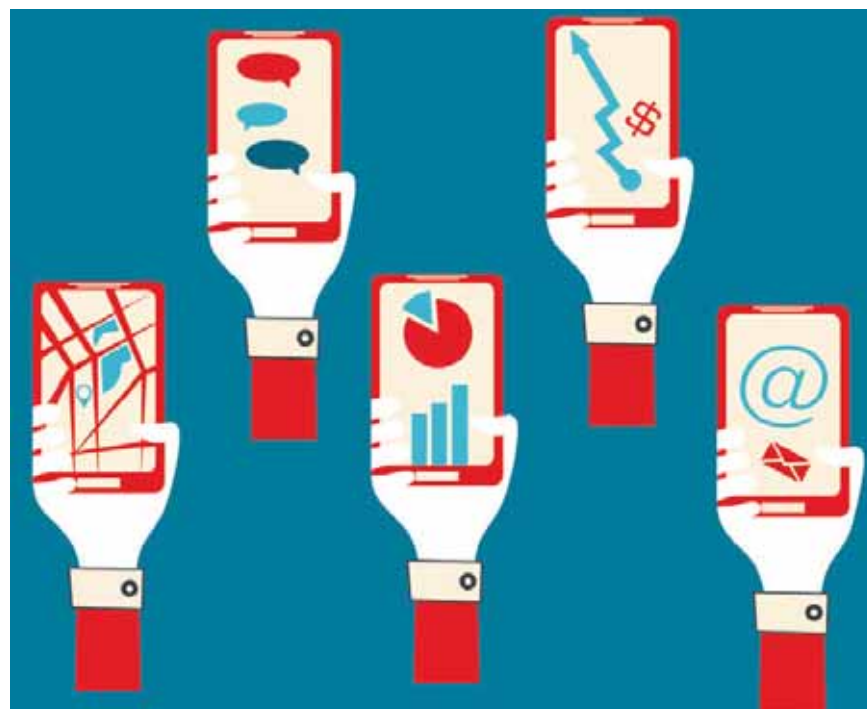


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There are plenty of apps that can make your financial planning less taxing — whether you're the owner of a small business, a post-secondary student keen on planning your financial future, or someone who is simply looking for a one-stop shop for budget management. ISTOCK

A balanced budget at your fingertips

SMARTPHONE TECHNOLOGY

Three apps to help keep your assets in check

Kyle Prevost
youngandthrifty.ca



Getting started in personal finance is often as simple as keeping track of where your money is going in and where it is coming out.

Unfortunately, when most of us get home from our jobs, commutes, workouts and whatever else life throws at us, the last thing we want to do is sift through bank

statements and utility bills.

The most painless way I've found to stay on top of my finances is to make things as automated as possible, and then simply track it all using my smartphone.

See if these three apps make your life easier when it comes to managing your finances:



MINT

Market leader

Mint is the most commonly used personal finance app and is widely reported as being the market leader for good reason. Mint is excellent at tracking your spending and helping you budget, but where it truly separates itself from the pack is its automatic importing feature. By linking up your investments, credit cards, savings and chequing accounts with your Mint profile, you can import all of your relevant information into one place without even thinking about it.



YOU NEED A BUDGET

Planning ahead

The cloud platform You Need a Budget (YNAB) is Mint's chief competitor. While the app doesn't have Mint's automatic importation feature, supporters feel that the focus on planning your financial future more than makes up for it. YNAB isn't free (unless you're a post-secondary student), but during seasonal sales you can snag a licence for well under the normal one-time price of \$60. Purchasing YNAB also gives you access to financial literacy classes and tutorials.



WAVE

Small business

If you're a small business owner or freelance contractor, this is the app for you. I use Wave to keep track of both my personal and business transactions because it's simple and custom-made for small business owners. My favourite feature is the ability to scan receipts on my smartphone, which are then automatically imported into my Wave account where they are fully searchable at a later time. Say goodbye to your shoebox full of random receipts come tax time!



Office loafers can be a drag, but sometimes it's best to turn a blind eye and let your boss deal with their negligence. ISTOCK

Rising above your slacking co-worker

PRODUCTIVITY

Don't let a lazy colleague get you down in the dumps

OFFICE RELATIONS

Eleni Deacon



You scarf down lunch at your desk, Alex takes a 90-minute stroll. You spend all day answering emails, Alex catches up on Facebook. And when 5 p.m. hits, he's out the door — while you're stuck wrapping up loose ends until dinnertime.

Loafer co-workers can be a persistent drag. Not only can they seem oblivious to the volume of work they should actually be tackling, it's often their peers who must make

up for their slacking. When faced with a colleague who won't carry their weight, don't seethe — seek relief.

Start by evaluating the sloth's impact on your workload and output. Is their laissez-faire approach actually hindering your performance or is it merely irritating to watch them chill out while you stress out? In the latter case, the problem isn't so much about their work ethic as your reaction to it. Rather than resenting them, try to ignore them.

Constantly covering their tracks? There's an out: Stop. By picking up where their laziness leaves off, you enable their apathy. Provided you won't get blamed in the process, consider turning a blind eye next time they might miss a deadline. Better your boss notices their negligence — and takes action — than prolonging an unfair cycle in which you spend hours compensating for someone

“When faced with a colleague who won't carry their weight, don't seethe — seek relief.”

Eleni Deacon

else's hour-long breaks.

When a conversation becomes necessary, talk directly to your co-worker before raising your complaints with the higher-ups. Avoid being accusatory; your concerns will have more oomph if you lead with curiosity. Ask about their work style and whether there's a reason they've fallen behind.

What you take for lethargy could just be a different way of doing things. Their pace might be slow because they pay meticulous attention to detail, or they may be confused about a project's requirements. Try to

understand each other's perspective and establish a concrete division of work.

If you're still sweating while they're vegging, it's time to bring in your boss. Again, put your emphasis on examples rather than gripes. Point to specific ways in which your colleague's carelessness has affected your output, keeping the discussion centered closely on work rather than personal grievances. Although it's fair to address how a co-worker's disinterest has affected your ability to do your job, it's best not to seem like a tattler. Don't vent frustrated feelings — focus on facts.

Some slugs will never perk up. And while their inertia can be infuriating, it can also be time-wasting. Try not to obsess over how little progress someone else is making on their daily tasks. Instead, concentrate on how far you can go in your career.

The stuck stops here

TIPS FOR SUCCESS

Feeling stuck? Here's how to get out of any sticky situation

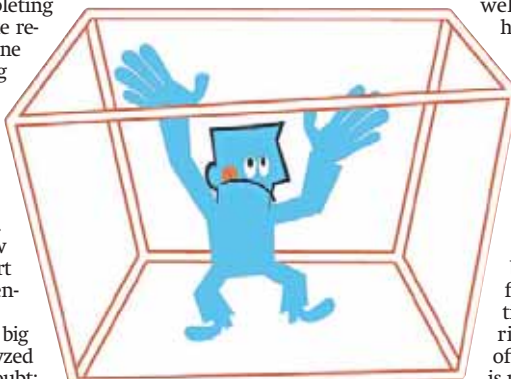
Everyone gets stuck. Sometimes we get tripped up completing the simplest tasks — like retrieving a file from someone else's computer or picking what to eat for lunch. Sometimes we run into a mental block when working on a creative project or assignment — like, um, an article about getting unstuck. (Seriously, do you know how long it took to start writing those two sentences?)

And other times it's the big stuff that leaves us paralyzed with indecision or self-doubt: What we want to do with our lives, where we want to live, whether — or when — we want to start a family.

Prof. Bernard Roth, co-founder of the Hasso Plattner Institute of Design at Stanford, teaches an entire class on getting stuff done. His students have to come up with and complete one big task per term — anything from building a rocket to completing a triathlon. And his new book,

The Achievement Habit: Stop Wishing, Start Doing, and Take Command of Your Life, applies the insights gleaned from 40 years of teaching people how to achieve their goals.

We asked Roth for some suggestions on how to get started already.



ISTOCK

Reframe your problem

The reason why so many people get stuck? Because, Roth says, they're often asking the wrong question, or identifying the wrong thing as the problem.

“For example, the other day I rented a car, and I couldn't find where the release was for the gas tank cap,” he explains. “I spent about 20 minutes trying

to find the release button before I saw a similar car getting gas. I went over, and I said, ‘Where did you get the release?’ He said, ‘There is no release — just open the cap.’”

So if Roth had asked himself “How do I get the cap open?” instead of “How do I find the release button?” — well, he wouldn't have had a problem at all.

This works for not only the most mundane everyday tasks, but the monumental ones too. Says Roth: “If people back off and reframe their question and find the right problem, often the answer is right there.”

Draw it out

In his book, Roth includes 22 exercises that can help readers conquer a mental block, and a lot of them include visuals — from storyboards to mind maps to all sorts of diagrams. Roth says visuals unleash creative thinking. “Pictures just encapsulate so much more information and nuance. They're more evocative.”

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Djokovic remains atop men's tennis mountain

TENNIS

Federer denied record eighth Wimbledon championship

Novak Djokovic got the better of Roger Federer at Wimbledon again. The defending champion outplayed Federer in four sets Sunday to win his third Wimbledon title and ninth Grand Slam championship, cementing his status as the dominant player in the game.

In a repeat of last year's final, won by Djokovic in five sets, the top-ranked Serb overcame the loss of seven set points in the second set and pulled away to beat the seven-time champion 7-6 (1), 6-7 (10), 6-4, 6-3.

The top-seeded Djokovic broke No. 2 Federer four times and saved six of the seven break points he faced. Still in his prime at the age of 28, Djokovic further enhanced his reputation as one of the greats of the game.

In winning the 40th career matchup between the two, Djokovic prevented Federer from winning a record eighth Wimbledon title.

"I was aware coming on the court that Roger was going to play like he always plays — at his best, when it matters the most," Djokovic said. "He makes



Novak Djokovic of Serbia celebrates with the trophy after winning the Final of the Gentlemen's Singles against Roger Federer of Switzerland on Day 13 of the Wimbledon Lawn Tennis Championships July 12. CLIVE BRUNSKILL/GETTY IMAGES

you push your limits, he makes you work hard and earn every single point. He's not going to hand you the match."

Djokovic closed out the match by breaking Federer for the second time in the fourth set, hitting an inside-out forehand winner into the open court on the final point. He pumped his arms and screamed, then

bent down, plucked some grass from Centre Court and put it in his mouth — just as he did when he won his first title in 2011 and again last year.

"It tasted very, very good this year," Djokovic said. "I don't know what the groundspeople have done, but they've done a great job. It's a little tradition, obviously. As a kid, I was really

dreaming of winning Wimbledon, and as every child, you dream to do something crazy when you actually achieve it, if you achieve it, and that was one of the things."

Djokovic equaled the number of Wimbledon titles won by his coach Boris Becker, who won at the All England Club in 1985, '86 and '89. "We man-

“He makes you push your limits, he makes you work hard and earn every single point.”
Novak Djokovic, on Roger Federer

aged to find the right chemistry and he has contributed a lot," Djokovic said. "This is his trophy equally as mine." Djokovic also became the first man to retain the Wimbledon title since Federer did it in 2007.

"He was tough on the bigger points," Federer said. "Then at the end, he was rock-solid. I thought he played great. I didn't play bad myself. ... That's how it goes." Sunday's victory evened their career head-to-head record at 20-20, but Djokovic now holds a narrow edge where it counts the most — 2-1 in Grand Slam finals, 2-1 at Wimbledon and 7-6 in majors overall. The 33-year-old Federer will now have to wait another year to try again to become the first man to win eight Wimbledon singles titles. In 2012, he equaled Pete Sampras and 1880s player William Renshaw with seven.

"Novak played not only great today but the whole two weeks, plus the whole year, plus last year, plus the year before that,"

THE ASSOCIATED PRESS



Serena Williams
JULIAN FINNEY/GETTY IMAGES

WIMBLEDON

Williams again top woman

Serena Williams overcame a slow start, eight double-faults and a nervy finish to beat Garbine Muguruza 6-4, 6-4 on Saturday for her sixth Wimbledon title, fourth Grand Slam championship in a row and 21st major overall.

The win means Williams holds all four Grand Slam titles at once — completing the second "Serena Slam" of her career. What's more, she secured the third leg of a calendar-year Grand Slam and, if she wins the U.S. Open, will become the first player to sweep all four majors in the same season since Steffi Graf in 1988.

Williams, winning her 28th straight Grand Slam match, is now just one major title behind Graf on the Open era list and two behind all-time leader Margaret Court Smith.

From 4-2 down in the first set, Williams ran off five straight games to take the set and go up 1-0 in the second. She pulled out to a 5-1 lead and twice served for the match but couldn't convert.

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Cyclists, sharpshooter earn Canadians three more gold

PAN AM GAMES

Batty and Gagne win on bikes, Kiejko with air pistol

Canada has added three more gold to its collection at the Pan Am Games on Sunday.

Emily Batty, of Brooklin, Ont., and Catharine Pendrel of Harvey Station, N.B., finished one-two in the women's mountain biking competition, while Raphael Gagne of Quebec City won the men's race.

Canada's third gold came in shooting, with Calgary's Lynda Kiejko winning the women's 10-metre air pistol. In the women's mountain bike, Batty finished the race in one hour 27 minutes 13 seconds — seven seconds faster than Pendrel.

"It's really just pushing each other," Batty said. "It doesn't matter who's first on the day as long as it's a Canadian. So we got gold and silver, which was amazing."

Pendrel, who won gold in the event at the 2007 Rio Games, is known for setting a strong early pace and hoping others can't match it. Batty showed she was up for the challenge.



It doesn't matter who's first on the day as long as it's a Canadian.

Mountain biker Emily Batty



Emily Batty in the final of the women's event at the Toronto 2015 Pan Am Games on Sunday. Batty won gold and teammate Catharine Pendrel won silver. FRED THORNHILL/THE CANADIAN PRESS

"Emily and I are really motivated by each other," Pendrel said. "We don't just want to be the best at this race, we want to be the best in the world. You can be the best in the world by pushing the most that you can out of your riding and I think we did that today."

Gagne finished the men's six-lap race in 1:31:14.

"I think I played it very

smart," Gagne said. "I paced myself well, I drank well and I ate well and it played into my favour. I've always been able to start strong but sometimes my finishes were not as strong. But definitely today I finished really, really strong so I'm happy with this."

Kiejko scored 195.7 to win the air pistol and finish ahead of Mexico's Alejandra Zavala and Lilian Castro of El Sal-



Raphael Gagne holds a Canadian flag after crossing finish line to win gold in the men's mountain bike event at the 2015 Pan Am Games. FRED THORNHILL/THE CANADIAN PRESS

vador.

It was Kiejko's second Pan Am medal. She captured bronze in the same event in 2003.

"This gold medal is especially sweet for me," said Kiejko, who comes from a family of shooters. "Four years ago, my sister won the gold medal in Guadalajara in the same event. It's pretty awesome."

Canada's equestrian team

added a silver medal in team dressage.

The day came with some disappointment as Canada failed to medal in the men's triathlon. It's the first time in Pan Am Games history Canada hasn't won a triathlon medal.

Andrew Yorke, of Caledon, Ont., was the top Canadian finisher in seventh place.

THE CANADIAN PRESS

MLB

Jays fall short of comeback

SUNDAY in Kansas

11 ROYALS **10** JAYS

Paulo Orlando broke a tie with an eighth inning homer and Kendrys Morales hit a three-run homer as the Kansas City Royals defeated the Toronto Blue Jays 11-10 after blowing a seven-run advantage Sunday.

The Royals enter the All-Star break with an American League-leading 52 victories. Orlando hit a 2-1 Bo Schultz (0-1) pitch out to left to lead-off the eighth.

Kansas City led 7-0 after five innings, but the Blue Jays sent 12 men to the plate in an eight-run sixth. Danny Valencia and Jose Bautista contributed two-run doubles in the inning.

Seven of the runs were unearned after Mike Moustakas and Omar Infante committed errors.

The Royals regained the lead with three in the bottom of the inning with Lorenzo Cain, who had three hits, singling in one run. Alcides Escobar had a RBI on a ground out, while the other run scored on Jose Reyes' second error of the game.

The Jays got a run back in the seventh on a Russell Martin RBI-doubles. Reyes, who had his second straight three-hit game, singled home Kevin Pillar, who had tripled, in the eighth to tie it 10-10. It was only the second run Royals reliever Wade Davis (5-1) had allowed this season.

THE ASSOCIATED PRESS



Canada's captain Jen Kish dives over to score in Canada's 55-7 win over USA in the women's rugby sevens gold medal game at the 2015 Pan Am games. CHRIS YOUNG/THE CANADIAN PRESS

PAN AM RUGBY SEVENS

Canadian women win gold in landslide over United States

Canada has won gold in the inaugural women's rugby sevens competition at the Pan American Games. The Canadian women defeated the U.S. 55-7 at Exhibition Stadium, normally known as BMO Field, to go unbeaten in six games at the Pan Am competition.

"There's definitely more great days for this team," said Canadian captain Jen Kish. "Every time we put on the Canadian jersey, we want to give the best performance

that we can. We're always cup-hunting. We always want to be the best that we can be so you can expect many more trophies from us building towards Rio."

Canada had defeated the U.S. 34-12 in a meaningless pool match prior to the championship game that saw both teams rest some of their big guns.

The U.S. points were the first scored against Canada at the tournament in 67 minutes play.

The Canadian women outscored their opposition 230-12 going into the final, running in 38 tries while conceding two.

Canada was the top-ranked team in the six-team women's Pan Am competition, having finishing second in the Women's Seven Series last season.

The Americans were fifth on the circuit and Brazil eighth. Brazil beat Argentina 29-0 for the bronze.

THE CANADIAN PRESS

IN BRIEF

Canuck diver tops podium

Canadian divers continued their dominant run at the Pan American Games on Sunday as Jennifere Abel won gold and Pamela Ware took silver in the women's three-metre springboard.

Abel, from Laval, Que., took the lead after her second dive and cemented it with an incredible third dive that scored 86.70.

She finished with a total score of 384.70 — 58.70 points ahead of Ware.

THE CANADIAN PRESS

McGregor backs up talk

UFC

Early Mendes pressure fails as Irishman earns KO win

Conor McGregor spent much of the first two rounds on his back while Chad Mendes threw elbows at his head, and yet his screaming Irish fans kept faith.

During his meteoric rise in the UFC, McGregor has sold his self-confidence with enough flair to turn most anybody into a believer in his invincibility, even in the face of 9 1/2 minutes of contrary evidence.

And when the trash-talking mixed martial arts sensation finally got free late in the second round, he backed up every single word.

McGregor won the interim featherweight title at UFC 189 on Saturday night, stopping Mendes with three seconds left in the second round while emphatically arriving as one of the promotion's biggest stars.

After struggling to break free from Mendes' suffocating wrestling and ground game, McGregor (18-2) finished the fight with a lightning-quick combination after Mendes failed on a submission attempt. A big left hand put Mendes down, and McGregor pounded away for the stoppage before jumping onto the cage in celebration.

"Tonight, I'm going to toast good business," McGregor



It's a crazy game, and you know, I absolutely love it.

Conor McGregor

+ WELTERWEIGHT

Lawler keeps title

Robbie Lawler stopped Rory MacDonald early in the fifth round at UFC 189 on Saturday night, defending his welterweight title in a spectacularly bloody bout.

Lawler (26-10) battered MacDonald for much of the final four rounds, leaving the Canadian challenger with a badly damaged nose. Lawler finally ended it with a big left hand directly into the face of MacDonald, who rolled onto his back in agony before Lawler finished him 60 seconds into the fifth.

Lawler also was staggered repeatedly by MacDonald, and he barely made it to the bell in the third round of an occasionally jaw-dropping brawl. Both fighters bled profusely in the final rounds, but Lawler persevered for his first successful title defence and his second victory over MacDonald (18-3).

THE ASSOCIATED PRESS

said. "And it was damn good business.... It's a crazy game, and you know, I absolutely love it."

McGregor later sank to his knees in tears, an Irish flag in his hands, while the standing-room-only crowd at the MGM Grand Garden Arena roared. The loquacious ex-plumber from Dublin has now made good on just about every boast and threat he ever issued — and there have been thousands.

Mendes (17-3) stepped in for injured featherweight champion Jose Aldo just 2-1/2 weeks ago, and the elite wrestler



Conor McGregor celebrates after defeating Chad Mendes in their interim featherweight title mixed martial arts bout at UFC 189 Saturday in Las Vegas. JOHN LOCHER/THE ASSOCIATED PRESS

was in control of the fight until McGregor's heavy hands changed everything in an instant.

Mendes embraced McGregor in sportsmanship after a promotion dominated by high-level trash talk, most of

it from a bearded, tattooed Irishman who already looks comfortable with a title belt around his waist.

"I've been hearing all the while that I've been protected from this kind of opponent, that I've been gifted a

title shot," McGregor said. "So when my title shot went running and they gave me the challenge I was supposed to be protected from, I (decided) that I'm just going to prove to people that I'm a true fighter."

THE ASSOCIATED PRESS



Clint Laye of Cadogan, Alta., rides horse Virgil. CANDICE WARD FOR METRO

STAMPEDE

Pair net \$100K in rodeo

A pair of young Canadian cowboys each took home \$100,000 for winning their respective events on Showdown Sunday at the Calgary Stampede.

Clint Laye, 21, of Cadogan, Alta., started things off by winning the bareback championship, while Zeke Thurston, 20, of Big Valley, Alta., followed up his Canadian counterpart with a victory in the finals of the saddle bronc event. Laye had an 88-point ride aboard Virgil in the second event of the championship finals to beat last year's champion Kaycee Feild by just one point.

Shortly after Laye accepted his \$100,000 cheque, Thurston, Cody DeMoss and Wade Sundell all posted scores of 90.5 in the saddle bronc finals to force a buck-off. After Sundell and DeMoss had rides of 82 and 85 points respectively, Thurston scored 88.5 aboard Easy To Love to win his first title at the Calgary Stampede.

Meanwhile, in one of the events Timber Moore of Aubrey, Tex., won the tie-down roping title with a time of 8.1 seconds in the finals to edge out Curtis Cassidy of Donald, Alta., by just 0.1 of a second. Cassidy still received \$25,000 for placing second. THE CANADIAN PRESS

IN BRIEF

Fowler edges Kuchar by one shot at Scottish Open

Rickie Fowler birdied three of his last four holes to overhaul fellow American Matt Kuchar and win the Scottish Open by one shot on Sunday for his second victory of the year.

Kuchar was on the practice range, preparing for a playoff, when Fowler sent his approach on No. 18 to within 18 inches. He tapped in the putt for a two-under 68 — the same score as Kuchar — and an overall 12-under 268.

It is the fourth title of Fowler's professional career, coming two months after winning The Players Championship, and the second outside the United States after the Korea Open in 2011. And his links game looks in good shape ahead of next week's British Open at St. Andrews.

Raphael Jacquelin of France birdied the last hole for 70 to tie for second place with Kuchar, and claim one of three British Open places on offer.

THE ASSOCIATED PRESS

CFL

Humbled Stamps face unbeaten Argos

The Calgary Stampeders will try to avoid losing back-to-back games for the first time in three years on Monday night when they host the unbeaten Toronto Argonauts.

It's Calgary's first game in 10 days, leaving the defending Grey Cup champions with plenty of time to stew over last week's 29-11 loss to the Montreal Alouettes.

"The important thing is that we take advantage of the rest that we got, take advantage of the extra time to prepare and go out and play a good football

game," said Stampeders coach and general manager John Hufnagel.

Calgary could easily be winless. The Stampeders needed a 50-yard field goal on the final play of their season opener to beat the Hamilton Tiger-Cats 24-23.

Calgary quarterback Bo Levi Mitchell has had a slow start to the season, throwing just one touchdown pass while being intercepted three times. His touchdown to interceptions ratio was 22-to-8 last year.

"It starts with me, being a



The important thing is that we take advantage of the rest that we got.

Stampeders coach/GM John Hufnagel

second-year guy and having the year we had last year," said Mitchell, who was the Grey Cup most valuable player last sea-

son. "As the quarterback, the guy that touches the ball every play, that's how I feel. I feel like it's my job to go out there and make sure that as an offence, we do take that next step. Make games easier on our defence."

Mitchell gets a big weapon back this week in wide receiver Jeff Fuller.

Fuller had nine catches for 164 yards in Week 1. He missed last week's game with soreness in the same knee which he had season-ending surgery on last October after tearing the MCL.

THE CANADIAN PRESS

RECIPE Tex-Mex Salmon over Avocado, Tomato and Black Bean Salad



EAT LIGHT AT HOME

Rose Reisman

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This Southwestern twist on grilled salmon is a delicious and zesty BBQ option for summer. Serves 4.

Ready in

Prep time: 10 minutes

Cook time: 10-15 minutes

Ingredients

- 1 1/2 lb salmon filet
- 1 cup grape tomatoes, sliced in half
- 3/4 cup canned black beans, drained and rinsed
- 1/2 cup diced ripe avocado
- 1/2 cup diced yellow bell pepper
- 1/4 cup diced red onion
- 2 Tbsp lemon juice
- 1 Tbsp olive oil
- 2 tsp minced jalapeno peppers

- 1/2 tsp minced garlic
- Salt and pepper
- 3 Tbsp chopped cilantro or parsley

Directions

1. Grill or roast salmon at 425 F for 10 minutes per inch of thickness.

2. Meanwhile, add remaining ingredients to serving bowl. Mix well and place on serving platter with salmon over top.

Nutrition per serving

- Calories 390
- Protein 37 g
- Carbohydrates 19 g
- Fat 17 g
- Saturated fat 2.5 g
- Cholesterol 95 mg
- Sodium 380 mg
- Fibre 4 g

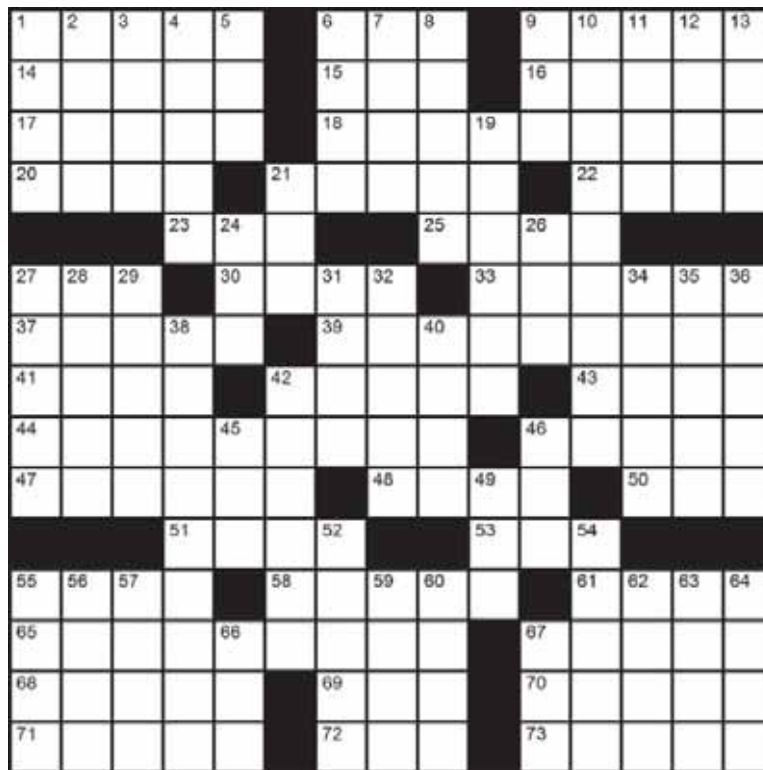
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. __ Sainte-Marie (Cree singer/songwriter who is an Officer of the Order of Canada)
6. Medical pro
9. Extract metal from ore
14. Droplet-looking throat part
15. Jeff Lynne's gr.
16. Racecar driver Mr. Castroneves
17. Baseball great Mr. Jeter
18. Interac user's access code: 2 wds.
20. Pronounces
21. Tend the fire
22. Brewer's kiln
23. Gardening tool
25. Incision leftover
27. Photo __ (PR events)
30. "___ there, done that."
33. Snugly warm
37. Red Hot __ Peppers
39. Classic uniform hue for the CFL's Bombers: 2 wds.
41. __ Saint-Luc, Quebec
42. The White Cliffs of __ (Coastline attraction in England)
43. Dryer's fluff
44. #1-Across' famous protest song: "___ Soldier"
46. Citi Field baseball player, ___
47. Go back on a deal
48. Oodles
50. Tokyo, formerly
51. Ore deposit
53. __ degree



55. Ice floes animal
58. __ ray gun (Sci-Fi weapon)
61. American singer Ms. King, daughter of SNL alum Rob Schneider
65. Art of making a dead animal still look alive
67. Extraterrestrial

68. "It's so easy, __ can do it!"
69. Max. or min., as per speed
70. New album by #1-Across: 'Power in the __'
71. Shoe heel style
72. Code for Whitehorse's international

- al airport
73. Belonging to Hartford's li'l state

DOWN

1. Pre-leaf forms
2. Iris spot
3. Rage
4. Nudist colony sight
5. Tibetan ox
6. Store section, shortly
7. Mixture
8. __ out (Stops running)
9. Moo __ pork (Take-out dish)
10. Unforgettably
11. Napoleon's

- exile isle
12. Fibs
13. Wrongdoing, in law
19. Fruit juice
21. View
24. Geisha's outfit accessory
26. ISP, e.g.
27. Happen
28. Communications device
29. '60s-style protest
31. Ancient love god
32. Stars that suddenly shine brightly
34. Snail's trail
35. Adjusted the guitar's strings
36. Bryan Adams' "The Best Was __ Come"
38. Evening out
40. Shout
42. River excavator
45. Self-pride
46. Tuktoyaktuk locale, briefly
49. Bambi's aunt
52. Ahead of time
54. Common greeting
55. Slow-cooked meal
56. Icicle holder
57. Chopped
59. Gladiator's 2009
60. "Hey Hey, __ (Into the Black)" by Neil Young & Crazy Horse
62. Safari roarer
63. Kings of __ (Rock band)
64. Breaks off
66. Board game cube
67. TV network

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A relationship problem must be dealt with this very moment. If you leave it any longer the window of opportunity you have to make things better will close once and for all. Whatever the issue is, find ways to get over it.

Taurus April 21 - May 21
You simply don't care if some of the things you say offend other people — in fact you want it to happen. You will choose your words for maximum impact today.

Gemini May 22 - June 21
Try not to worry about money matters today because there is nothing you can do to change things. Use your imagination to visualize being rich and secure. What you imagine today will be your reality tomorrow.

Cancer June 22 - July 23
Whatever you suggest, people seem determined to do the opposite. You could try to be smart and sell them a bluff. Suggest they do what you actually don't want them to do. It's an obvious trick but it might just work.

Leo July 24 - Aug. 23
Why are you panicking? What could go wrong? With so much cosmic activity in the most sensitive area of your chart you have a tendency to look on the dark side. Lighten up, it's life!

Virgo Aug. 24 - Sept. 23
Why do you believe you have to prove yourself to people you hardly know? You are under no obligation to perform for their delight. If anything it should be the other way around.

Libra Sept. 24 - Oct. 23
Don't try too hard to make a name for yourself over the next few days because the planets warn you could end up with a name you don't like. You don't have to keep a low profile but you do have to play by the rules.

Scorpio Oct. 24 - Nov. 22
Somehow you will know in an instant what the people you deal with are thinking and feeling. That makes it easier for you to predict what they are going to do next, maybe even before they know it themselves.

Sagittarius Nov. 23 - Dec. 21
Your confidence may take a bit of a dip over the next few days. Mind you, your self-belief is usually so high that most people will still think you're incredible.

Capricorn Dec. 22 - Jan. 20
Be on your guard if someone offers you something for nothing today. It could be their generosity is not all it seems and you'll be expected to do something in return. Know the deal before you agree.

Aquarius Jan. 21 - Feb. 19
The harder you work the more work there seems still to do but you will get there in the end. Keep moving along at a steady pace.

Pisces Feb. 20 - March 20
Throw yourself body and soul into what you are working on and believe that it will all come right in the end. The moment you start worrying is the moment you begin to lose focus and momentum.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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Your essential daily news | MONDAY, JULY 13, 2015

High 22°C/Low 14°C Chance of rain

Easy rider



Zeke Thurston from Big Valley rides Easy To Love to victory in the Saddle Bronc finals at the Calgary Stampede rodeo Sunday.
See **metroSPORTS**. CANDICE WARD/FOR METRO

Stampede had it all

WRAP-UP

**From strong
numbers to
sex on video,
officials reflect**

**Lucie
Edwardson**
Metro | Calgary

The good: Attendance exceeded expectations.

The bad: A triple stabbing on the midway.

The ugly: A public sex act caught on video.

As the 2015 Calgary Stampede drew to a close Sunday, organizers reflected on the past 10 days.

Stampede president Bill Gray said despite a provincewide economic downturn, attendance numbers were on par with 2014 at 1.2 million and just shy of the Stampede centennial record of 1.409 million, set in 2012.

This year's event also saw the deaths of three rodeo horses and the disqualification of one rodeo participant for animal cruelty.

"This was the first breach of a rule that was so clearly evident to all other competitors and people in the audience that we just acted and enforced our rules," said Gray.

Stampede CEO Warren Connell said the triple stabbing that took place last Thursday on the midway was a "regrettable but isolated incident."

And regarding the now notorious public sex act caught on tape, Connell noted it took place just off the Stampede grounds and it does not reflect the values of his organization.

"There are always going to be individuals who do not thoughtfully represent Calgary and Calgarians and it's unfortunate, but it doesn't reflect badly on Stampede."

More on the final days of Stampede in metroNEWS

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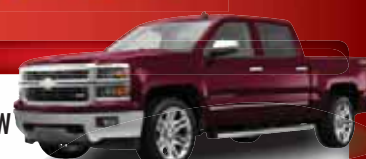
2015 GMC SIERRA SLE
DOUBLE CAB Z71



Stk #215227

| MSRP | PRICE BREAK | SALE PRICE |
|----------|-------------|-----------------|
| \$50,170 | \$12,000 | \$38,170 |

2015 CHEVROLET
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CAB AWD



Stk #215467

| MSRP | PRICE BREAK | SALE PRICE |
|----------|-------------|-----------------|
| \$60,740 | \$15,501 | \$45,239 |

2015 CHEVROLET
EQUINOX LS AWD



Stk #215454

| MSRP | PRICE BREAK | SALE PRICE |
|----------|-------------|-----------------|
| \$30,455 | \$5,761 | \$24,694 |

2015 CHEVROLET
MALIBU 2LT



Stk #215463

| MSRP | PRICE BREAK | SALE PRICE |
|----------|-------------|-----------------|
| \$31,590 | \$5,988 | \$25,602 |

2015 CHEVROLET
TRAX 1LT AWD



Stk #215365

| MSRP | PRICE BREAK | SALE PRICE |
|----------|-------------|-----------------|
| \$28,255 | \$5,321 | \$22,934 |

2015 BUICK
VERANO



Stk #215481

| MSRP | PRICE BREAK | SALE PRICE |
|----------|-------------|-----------------|
| \$26,540 | \$4,988 | \$21,552 |

2015 CHEVROLET
CRUZE 2LS



Stk #215638

| MSRP | PRICE BREAK | SALE PRICE |
|----------|-------------|-----------------|
| \$22,025 | \$4,085 | \$17,940 |

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Stk #215519

| MSRP | PRICE BREAK | SALE PRICE |
|----------|-------------|-----------------|
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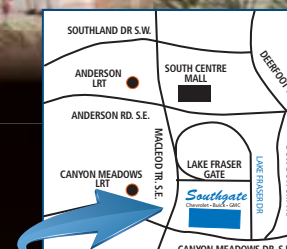
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IN BRIEF

Two bodies found inside Valley Ridge home

Calgary police continue to investigate after two people were found dead in the northwest community of Valley Ridge over the weekend.

Officers were initially called to a home on Valley Crest Close NW around 10:30 a.m. Saturday, where they found two bodies.

Paramedics declared both people deceased at the home and did not attempt resuscitation.

Police are treating the deaths as suspicious, and homicide detectives were called in to investigate.

The gender and ages of the deceased were not immediately released. **METRO**

Man killed, another wounded in shooting

Homicide detectives are investigating after one person was killed and another seriously wounded by gunfire in northeast Calgary Saturday.

Police responded to a call at about 3:45 a.m. in the 5300 block of Rundlehorn Drive NW, and, upon arrival, were directed to a car. Inside the vehicle, officers found two men. One was already dead and the other was taken to hospital where he was later listed in stable condition.

Acting Det. Martin Taylor said they were no immediate suspects. Anyone with information is asked to call police at 403-266-1234, or Crime Stoppers anonymously at 1-800-222-8477.

METRO

Property tax 'devastating'

REAL ESTATE

Family business shocked by rate hike of 165%

Jeremy Simes
For Metro | Calgary

A Calgary business owner says he had no choice but to bite the bullet and pay the city an eye-popping 165 per cent increase to his property tax bill this year.

Diversified Staffing Services/PEO Canada, an employment management company located at the corner of 5 Avenue and 7 Street SW, paid \$476,499 in property taxes in June 2015, up from a bill of \$185,714 in 2014.

Diversified's president and founder Randy Ward said the property tax hike came as a huge shock.

"It's devastating to our family business," he said, adding he intends to slug it out, despite the massive year-over-year increase.

"We're stuck," he said. "And we're going to have to eat it."

The reason for the massive property-tax hike was related to three nearby properties that recently sold for large sums, said the city's assessment director Nelson Karpa.

Those property purchases rippled across the downtown landscape, pushing land values up and increasing property taxes for businesses in the area, he said.

The purchases the city included in its assessment were: One 64,000-square-foot loca-



Diversified Staffing Services/PEO Canada president and founder Randy Ward says his family business is devastated after the city hiked its property taxes by 165 per cent in 2015. JEREMY SIMES/FOR METRO



We're stuck. And we're going to have to eat it.

Randy Ward

tion that sold for \$90 million, another 118,000-square-foot space for \$52 million, and a smaller 3,200-square-foot spot for \$2.5 million.

"I understand Mr. Ward's concern," Karpa said. "I'm comfortable that we evaluated that land correctly, given the land deals I have seen."

"The value of Mr. Ward's asset is significant," he added. "In our opinion, he could turn around and sell that land for around that \$30 million range."

Ward said he doesn't intend to sell.

According to commercial real estate specialist Kyle Fletcher,

executive vice-president of property tax consulting at Altus Group, the city has used a small number of property sales as market indicators for its 2015 assessments.

Altus Group will be representing a number of business owners — including Diversified — at the city's assessment review board hearings throughout the fall.

"At first blush, Altus Group does not agree with the ap-

proach the city has used," Fletcher said.

"We are in the process of completing our analysis for the upcoming assessment board hearings."

The 2015 assessments are based on market indicators of July 2014, when the market was in better shape, Fletcher said, adding the market appears to be trending downward, which could have the effect of bringing down assessments in 2016.

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NOTICE OF HEARING FOR Permanent Guardianship Order To Sheila Nilghe

Take notice that on the 27th day of July 2015 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 — 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order**; of your child born on **March 5, 2014**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

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NORTHEAST

Airplane noise still plaguing residents



Helen Pike
Metro | Calgary

Calgary residents contending with noisy airplanes overhead say they've seen some improvement since the airport tweaked its flight paths but still get regular headaches.

The problems began more than a year ago when a new runway at the Calgary airport

opened, leading to new flight paths that have rocked Rundle and other northeast neighbourhoods.

Coun. Ray Jones, who in June 2014 said he was inundated with calls, said the planes are still plaguing residents — himself included — and that he's at their mercy, just like any other Calgarian.

"Some days it's really good, and other days it's really bad," said Jones.

He noted some improvements and said residents aren't calling him with complaints as often, as they have learned to file them with the airport directly or Transport Canada.

In late April, the airport made tweaks to flight paths to reduce noise near residential areas.

"The aim for these changes is to keep aircraft over as much of the industrial areas as possible and as high as possible in order

to decrease some of the impact on surrounding communities," airport spokeswoman Jody Moseley told Metro at the time.

But Rundle community association president Larry Yasman said that depending on the weather and where the wind is coming from, the sound disturbance can vary.

"From where I live, it has improved, but it's still not ideal," said Yasman. "I think I sent in 15 complaints so far this week."



Streets in Chestermere looked like rivers Sunday as heavy rains led to flooding. COURTESY NEWSTALK 770

Thunderstorm wreaks havoc

WEATHER

Electricity lost, flights delayed, streets flooded

Lucie Edwardson and Robson Fletcher
Metro | Calgary

Heavy rains and lightning rocked Calgary on Sunday, knocking out power for tens of thousands of people, while also delaying flights in and out of the city and leading to widespread flooding in Chestermere.

Enmax spokeswoman Doris Kaufmann Woodcock said 20,000 Calgary customers were without power at the height of the storm damage, but by noon on Sunday that was trimmed to about 550 customers.

"Those customers might need more extensive repairs done, so it could take a little while to fix," she said. "Crews are finding more damages in those areas as they work, so just for the sake of efficiency

they are staying in those areas to fix issues rather than moving on to their next scheduled location."

Dozens of flights in and out of Calgary International Airport were cancelled due to the weather.

Calgary police said some flash flooding was observed at 68th Street and McKnight Boulevard and traffic lights were down in numerous areas across the city.

More severe flooding was reported in Chestermere, where streets were covered with water and basements inundated.

"This was an intensely severe storm that brought an amount of water that overwhelmed our systems," Chestermere's director of emergency management Steve Bagley said in a release Sunday afternoon. "We are working hard to assist residents and restore services as quickly as possible."

More rain is likely on the way Monday.

Environment Canada forecasts a 60 per cent chance of showers in the afternoon with risk of a thunderstorm.

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IN BRIEF

Woman and teen killed in collision east of Calgary

Two people are dead after a semi hauling cement collided with their vehicle.

RCMP responded to a call just after 3:25 p.m. Saturday at the intersection of Highways 817 and 901 in southern Alberta.

A 16-year-old boy from Strathmore and a 63-year-old woman believed to be from Calgary who were trav-

elling in a Toyota Matrix died as a result of the collision.

The driver of the semi was not injured.

RCMP said that alcohol, weather and road conditions are not factors in this crash.

The accident remains under investigation. The names of the victims have not yet been released while police notify next of kin.

METRO



Jaida Lacombe is excited to welcome Miles into her home after taking part in the adoption event. JEREMY SIMES/FOR METRO

Felines find friends fast

PETS

City exceeded mass adoption expectations

After hearing about the city's animal shelters bursting at the seams with furry friends, Calgarians came to the rescue.

From Wednesday to Saturday, 134 animals were adopted at the Calgary Humane Society, relieving much pressure for the overcapacity shelter, said spokeswoman Sage Pullen McIntosh.

"We've just been overwhelmed by how great everybody is and how much support we have in the community," she said.

The CHS shelter, designed for 400 animals, was housing as many as 800 when the call went out for emergency adoptions.

On Sunday, people — like Peter Lacombe and his daughter, Jaida — lined up in droves at the humane society to welcome new additions to their families.

"They (pets) can understand you," Jaida said, as her new nine-year-old cat, Miles, sat patiently

inside his kennel. "And you can cuddle with them."

The Alberta Animal Rescue Crew Society (AARCS) also saw many people come out to lighten the load of felines at its shelter.

At AARCS's mass-adoption event on Saturday, 65 cats were greeted by their new owners. That exceeded the expectations of Deanna Thompson, AARC's executive director. "We were hoping for 50 adoptions," she said. "It was amazing."

Because of the community's support, AARCS no longer has to shut its doors to new intakes, Thompson added.

"It's super important; it means we can bring in more cats and save more lives," she said.

Pullen McIntosh echoed that, highlighting the community's vital role when it comes to helping animals in need.

"It's huge," she said. "We can't function without our community. We really do need that support: donations, volunteers, adopters, or just people who are out sharing positive messages on social media."

JEREMY SIMES/FOR METRO

NATURAL DISASTER

Jasper Park wildfire easing with rain



Ryan Tumilty
Metro | Edmonton

With a little help from Mother Nature, crews have been able to get on the ground to confront a wildfire in Jasper National Park, but the blaze is still categorized as out of control.

The fire, which broke out Thursday and burned for

much of the weekend, is starting to slow down, thanks to a small amount of recent rain.

"It has allowed us to safely get crews on the ground and start working on the fire line, so establishing a perimeter and containing that fire," said Kim Weir, a fire communications officer with the park.

She said before the rain, the fire was simply moving too fast to get crews on

the ground fighting it, but they're now on attempting to establish a fire line, while helicopters attack from above.

"It has allowed us to change tactics and actually directly attack this fire," she said.

Weir said they believe the fire was caused by a lightning strike, but it may have taken days or a week to emerge and expand.

"That fire actually smoulders underneath the ground for a period of time until we have just the right conditions for it to come to life," she said.

The Jasper wildfire was among more than 100 burning in Alberta Sunday, with many others burning in Saskatchewan and British Columbia as well, leading to air quality issues in some communities.

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IN BRIEF

Worker injured by electric fence at Calgary Zoo

Occupation Health and Safety officials have been notified after a landscape worker suffered an electric shock at the Calgary Zoo over the weekend.

Paramedics were called shortly after 9 a.m. Saturday after it was reported that a worker had been injured.

When emergency units arrived they found a man, believed to be in his late 30s, who came into contact with an electrically-charged fence while doing landscaping work in the area.

The man was transported to hospital in stable, non-life-threatening condition for precautionary reasons, according to paramedics. METRO



FULL HOUSE STEVIE WONDER PERFORMS AT SADDLEDOME Grammy Award-winning music legend Stevie Wonder performs to a full house at the Scotiabank Saddledome during the final night of the Calgary Stampede on Sunday. CANDICE WARD/FOR METRO

Third horse dies after injuring leg

CHUCKWAGON RACES

Two horses belonging to Layne Bremner now dead

A third horse involved in the Calgary Stampede chuckwagon races was euthanized after Day 9 of the Rangeland Derby on Saturday night.

According to Stampede officials, an outrider horse from the Layne Bremner crew pulled up during the race with an injury. No contact was made with another horse or wagon.

The thoroughbred horse named Russian was examined by veterinary staff and the injury was deemed to be an "untreatable breakdown injury" in the front left leg. The horse was then humanely euthanized.

"This injury — suspensory ligament rupture — is most commonly seen in racehorses and occasionally seen in other types of sport horses," said Greg Evans, the official veterinarian for the Calgary Stampede, in a written statement.

Russian was acquired by Bremner in Saskatoon five years ago and was previously a racehorse.

According to Calgary Stampede officials, nearly every horse

competing in the chuckwagon event is a former racehorse.

Officials with the Calgary Stampede said that given the physiology of large animals like the horse, the injury could not be repaired.

There will be no post-mortem done on the horse as the injuries do not require further examination, Stampede officials said.

On July 4, a 10-year-old thoroughbred also belonging to Bremner was also euthanized after breaking its leg during a chuckwagon race.

And on July 6, a horse belonging to BJ Carey was injured in a collision with another wagon and later euthanized. METRO

IN BRIEF

Man charged in connection with Stampede stabbing

Calgary police have charged one man in connection with a stabbing on the Calgary Stampede grounds. Police found two people with stab

wounds, one critically injured. After a foot chase taking officers off Stampede grounds, a third person was found stabbed and was transported to hospital by EMS.

Police believe that third

person is responsible for the stabbing of the person who remains in critical condition.

Rinato Toy, 20, of Calgary is charged with one count of aggravated assault among other charges. METRO

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When Dan Vroon established Craftworks Taphouse and Bistro in Seoul, South Korea, he aimed to appeal to ex-pats and locals interested in craft brews. The next thing he knew, he was promoting a whole new industry. THE CANADIAN PRESS

B.C. brew breaks in

INTERNATIONAL BUSINESS

Abbotsford man brings craft beer to South Korea

Dan Vroon says he didn't set out to transform the South Korean beer industry, but the Abbotsford, B.C., native's attempt to bring craft beer to the masses has kick-started a revolution in a market long dominated by a duopoly.

Vroon's Craftworks Taphouse and Bistro in Seoul was one of the first in a new wave of craft breweries that have renewed interest in craft beer in the country.

Vroon said before he entered the business in 2010, imports of North American brews from the Boston Beer Company and Edmonton's Alley Cat Brewing Company were the only way for South Korea's large ex-pat community to get a taste of home.

He set out to build a craft brewery to serve that crowd, as well as locals looking for something other than the rice-based, low-alcohol lagers from Hite Brewery Company and Oriental Brewing that dominate South Korean taps.

"They were missing the market entirely," he said.

Vroon said he ran up against the thicket of regulation that had stopped the flow of beer from other craft breweries.

Vroon pushed back against rules that required breweries have more than one million litres of capacity before selling to wholesalers — rules that shut the door on smaller operations.

He said he also pushed for transparency on taxation after the first brewery he worked with was nearly bankrupted by an unexpected tax bill more than 10 times what authorities predicted.

He said he did his best to work within rules that prevented or

made prohibitively expensive the importing of the yeast and hops necessary to make a top-quality brew.

"The brewing laws were written in the 1950s," he said. "Nobody was around who understood them."

Vroon found the South Korean government receptive to new ideas that could promote local business.

In 2011, the government reduced the distributing requirement from one million litres of capacity to 120,000 litres, one of the first in a series of reforms that Vroon said has reinvigorated the craft beer market.

And as more breweries come online, he said, there are more voices pressuring the government for reform.

"They haven't given us everything, but they've definitely freed up the brewers to distribute their beer, cut some of the taxation and gave rebates for the smaller guys," Vroon said. "Now, the craft beer scene is booming."

Some of the beers Craftworks offers: The Jirisan Moon Bear India Pale Ale, the Seorak Oatmeal Stout and Baekdusan unfiltered wheat beer.

Vroon's work in developing a craft-brew palate among South Koreans has inspired others to bring in Canadian beer to meet the rising demand.

Brock Rodgers, co-founder of the Mission Springs Brewery in Mission, B.C., now exports around 40 per cent of his production of hops-heavy, full-flavoured beers to South Korea after beginning shipments in 2013.

"At that time, Dan (Vroon) was the only guy in town that was doing anything craft and doing it well," he said.

Rodgers said even with significant import taxes on his products that send the price well above domestic competition, his business is doing well because they are viewed as a premium product. THE CANADIAN PRESS

ECONOMY

Tories bust out wallets before election

All but overlooked in the past week of troubling economic news was federal Finance Minister Joe Oliver's unexpected nod to government stimulus spending.

The run-up to an October general election is happening amid talk of recession, international downgrades of Canada's growth prospects, weak world oil prices and several grim provincial outlooks

— stormy seas for an incumbent Conservative government seeking a fourth mandate after staking its reputation on sound economic management.

A Conservative re-election plan hatched in sunnier days when a return to balanced budgets could co-exist with voter-friendly spending is being repurposed as a recession-fighting necessity.

"Some of the measures

which the prime minister announced and which I announced in the budget will inject almost \$10 billion in cash into the economy this year," Oliver told reporters in Vancouver last Tuesday.

Parents with children under 18 will start receiving new benefit cheques — retroactive to Jan. 1 — on July 20 in a one-time, pre-election burst of cash totalling more than

\$2.5 billion.

Conservative ministers and MPs are also announcing new community infrastructure projects almost daily this summer from a variety of funds — some of which have lain fallow awaiting the optimal pre-election moment. Oliver's office says the government added more than \$1.6 billion to existing projects. THE CANADIAN PRESS

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Greece aims to make deal and avoid national financial crash

EUROZONE

But creditors insist on tough austerity measures

Greece moved closer on Sunday to a desperately needed deal with European creditors that would stave off immediate financial collapse and the country's potential exit from the euro but impose more hardship on its people.

Facing a self-imposed Sunday deadline, the eurozone's top official, Jeroen Dijsselbloem, said the sides have "come a long way" after two days of talks among finance ministers, but that the final effort on "some big issues" would be handled by eurozone leaders in a summit that was expected to go into the night.

Underscoring the optimism despite the often fundamental differences among the leaders, Italian Prime Minister Matteo

Renzi said, "We are very close."

The broad outline of a deal appeared to consist of a long series of commitments from Greek Prime Minister Alexis Tsipras to push through much of a drastic austerity program within days, while the 18 other eurozone leaders would commit to start talks on a new bailout program.

In a four-page draft proposal put to eurozone leaders and obtained by The Associated Press, language up for discussion spoke of a potential "time out from the euro area" for Greece if no agreement could be found.

It highlighted the increasing frustration with Greece during five months of fruitless talks. On Sunday, doubts on the Greek government's commitment to implement tough measures continued.

"The most important currency has been lost: That is trust and reliability," said German Chancellor Angela Merkel, reflecting on five months of tortuous negotiations with Athens.

In the draft document, Greece



German Chancellor Angela Merkel, left, speaks with French President Francois Hollande, centre, and Greek Prime Minister Alexis Tsipras during a meeting at the EU Council building in Brussels on Sunday. THE ASSOCIATED PRESS

committed itself to pushing a first set of measures through parliament by Wednesday. Despite

the stinging conditions on pension, market and privatization reforms, Tsipras insisted his govern-

+ BACKGROUND

Greece desperately needs help to avoid a financial collapse. The economy is in free fall, and the country faces big debt repayments in the coming weeks. Greek banks have been shuttered for the better part of two weeks, and daily withdrawals from ATMs have been limited to a paltry 60 euros. The banks, according to some accounts, have barely enough cash to last through the week.

ment was ready to clinch a deal. "We owe that to the peoples of Europe who want Europe united and not divided," he said. "We can reach an agreement tonight if all parties want it."

Greece has asked Europe's bailout fund for a 53.5 billion-euro, three-year financial package but many officials in Brussels

say the figure will have to be much higher and insist on tough Greek austerity measures. This would be Greece's third bailout in five years.

Merkel, however, insisted that Germany would not sway from its stance that Greece needs to do much more to get any help just to save its position in the 19-nation eurozone. "There will not be an agreement at all costs," she said, coming into Sunday's summit meeting. "Nerves are tense."

Highlighting the differences within the creditors' camp, French President Francois Hollande insisted it was vital to keep Greece in the currency club and avoid a so-called "Grexit."

If Greece had to leave the euro currency "it's Europe that would go backward," Hollande said. "And that I do not want."

France is considered Greece's closest ally and even helped Tsipras prepare the reform proposals that were a minimum requirement for getting fresh talks.

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MEXICO

Notorious drug lord on the lam

Mexico mounted an all-out manhunt Sunday for its most powerful drug lord, Joaquin (El Chapo) Guzman, who escaped from a maximum security prison through a 1.5-kilometre tunnel from a small opening in the shower area of his cell, according to the country's top security official.

The elaborate underground escape route, built allegedly without the detection of authorities, allowed Guzman to do what Mexican officials promised would never happen after his recapture

last year — slip out of one of the country's most secure penitentiaries for the second time.

If Guzman is not captured immediately, the drug lord will likely be back in full command and control of the Sinaloa cartel in 48 hours, said Michael S. Vigil, a retired U.S. Drug Enforcement Administration chief of international operations.

"We may never find him again," he said. "All the accolades that Mexico has received in their counterdrug efforts will be erased by this one event."

Eighteen employees from various part of the Altiplano prison, 90 kilometres west of Mexico City, have been taken in for questioning, Security Commissioner Monte Alejandro Rubido said in a news conference without answering questions.

A manhunt began immediately late Saturday for the head of the powerful Sinaloa Cartel, which has an international reach and is believed to control most of the major crossing points for drugs at the U.S. border with Mexico. THE ASSOCIATED PRESS

ISRAEL

Suspects in arson attack arrested

Israeli police have arrested a number of suspects in last month's arson attack on a famous Catholic church in the Holy Land, police spokesman Micky Rosenfeld said Sunday.

The fire is believed to be an attack by Jewish extremists, but Rosenfeld would not elaborate on the identity of those arrested.

The June 18 fire at the Church of the Multiplication of the Loaves and Fish caused extensive damage to the inside and outside of the building, in-

cluding damage to the roof and prayer books.

The modern building is built on the remains of a fifth-century Byzantine church and features a Byzantine mosaic floor that was not harmed. The church marks the traditional spot of Jesus' miracle of the loaves and fish, and is located on the shore of the Sea of Galilee in northern Israel. It is one of the most popular stops for Christian pilgrims visiting the Holy Land.

THE ASSOCIATED PRESS

IN BRIEF

Scottish woman dies in hospital after spending three days in crashed car

A 25-year-old Scottish woman — who lay injured in her crashed car for three days because police failed to respond to an accident report — has died. Lamara Bell's family says she died in a Glasgow hospital Sunday, a week after the accident. She was found Wednesday beside her dead boyfriend John Yuill in a car that had slid down an embankment near Stirling in central Scotland. THE ASSOCIATED PRESS



An honour guard lowers the Confederate flag in Columbia, S.C., on Friday. JOHN BAZEMORE/THE ASSOCIATED PRESS

Flag's fall just the first step: Prof

SOUTH CAROLINA

Confederate icon lowered, but not 'end of conversation'

Legions of people clapped, cheered and cried as South Carolina lowered the Confederate battle flag. But the euphoria of a moment more than a decade in the making quickly began to shift to a hard question: what exactly had been accomplished for race relations? Was it more symbolic than substantive?

A flag is gone. But discrimination, poverty and inequality still exist around the United States, with some wondering if the time and energy spent on the Confederate battle flag might have been better used tackling other racial issues facing Americans.

"It was easy to focus on the flag, as opposed to the issues that have divided blacks and whites historically," said Carol Swain, a law and political-science professor at Vanderbilt University.

But a symbolic victory is still a victory, others argued, with this one meaning more than most — that the feelings of a minority population perpetually outvoted and not always considered in the South had finally been acknowledged. The abrupt shift in political willingness to take down the flag from the Statehouse grounds came just weeks after nine black people were shot to death during Bible study at the Emanuel African Methodist Episcopal Church in Charleston. Photos of the man charged with their slayings showed him displaying the Confederate flag, and authorities have described the slayings as a hate crime.

In the years before, it was viewed as political suicide to

push to remove the flag from the Statehouse grounds. Former governors David Beasley of South Carolina and Roy Barnes of Georgia were voted out of office over the issue. Beasley had proposed relocating the flag from the Statehouse to a monument. Barnes had introduced a new state flag to reduce the size of the Confederate battle symbol emblazoned on it.

The ceremony on Friday when the flag was removed brought out a jubilant, hundreds-deep multiracial crowd.

Still, no one is naive enough to believe that taking down the flag will end racism or discrimination in the South, said Trent Brown, a Mississippi native and America Studies professor at the Missouri University of Science and Technology. There are still discussions about policing and voting rights to be had, he said.

More blacks live in poverty than anyone else in the U.S. — 27.2 per cent, according to the U.S. Census Bureau. More than 2.5 million African Americans were arrested in 2013 — second only to the 6.2 million whites arrested, according to the FBI. But there were more black men than white in state and federal prisons in 2013 — 526,000 compared with 454,100, according to the Bureau of Justice Statistics.

"It doesn't change poverty in South Carolina. It doesn't change access to certain kinds of power. It doesn't change disabilities or discriminations that people labour under," Brown said. "I think the flag change is not a sign that everything is now fine, that the work of reconciliation is done. I think it is an important measure but I don't think people who celebrate the flag coming down will or should see it as the end of the conversation."

THE ASSOCIATED PRESS

INDIA

Last month's floods killed 10 rare lions

Monsoon flooding that killed dozens of people in western India last month also hurt the world's last population of wild Asiatic lions, forest officials said in a report.

At least 81 people died in mudslides, collapsed homes or high waters in Gujarat state, while thousands were forced to evacuate their homes.

The rains also killed at least 10 of the country's 523 lions

— the last members of the subspecies left anywhere in the wild — as well as prey animals, including more than 80 spotted deer and 1,670 Asian antelope, called blue bulls, according to a report submitted over the weekend to the federal environment ministry in New Delhi.

The animal deaths underline conservationists' concerns about keeping all of the lions in a single location.

The conservationists argued successfully in India's Supreme Court in 2013 for some to be relocated to a second sanctuary far away to prevent the population from being hit all at once by natural disaster or disease. But Gujarat has resisted moving any of the lions.

"There is no cause for panic," said C.N. Pandey, a forest official in Gujarat. "Conservation efforts are ongoing." THE ASSOCIATED PRESS

+ COMMUNITY

Hundreds of park workers, activists and villagers launched a search for the lions and found about 80 "roaming safely in their territory," killing animals from surrounding areas, the report said.

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Sea-to-sea expansion

RETAIL

Quebec-based fashion chain Simons targets western Canada

One of Canada's oldest family-owned retailers is hoping to defy industry woes by launching an expansion that could extend the Simons brand across Canada.

The 175-year-old company based in Quebec City will open its ninth Quebec store in Gatineau next month before entering the British Columbia and Ontario markets and expanding its presence in Alberta.

The fashion retailer is spending up to \$200 million over the next four years to open eight stores. It says the move is intended to boost its annual sales base of more than \$350 million.

An outlet will open this fall in West Vancouver, followed by openings next year in Mississauga, Ont., and Ottawa. A second Edmonton store and a new one in Calgary will be added in 2017, and two more stores are expected to open in the Toronto



Simons CEO Peter Simons poses in the fashion retailer's Quebec City store. Simons is one of Canada's oldest family-owned retailers, and the family hopes to defy industry woes by launching an expansion that could extend the store's brand across Canada. JACQUES BOISSINOT/THE CANADIAN PRESS

suburb of Scarborough in 2018 and at the Yorkdale Shopping Centre in 2019.

Atlantic Canada, the Prairies or Winnipeg could join the list as more stores are added to reach a maximum of 25 to 30 stores, says CEO Peter Simons.

But Simons says he doesn't feel any pressure to make hasty moves.

"You don't think in next-quarter increments when you're a private company of five generations," he said from Quebec City. "You think in 25-year increments."

Missing from the Simons national expansion plans is downtown Toronto, one of Canada's toughest retail markets. Simons made a pitch to enter the Eaton

Centre but that didn't materialize. Meanwhile, U.S. retailer Nordstrom will open next year at the old Sears location in the Eaton Centre.

Retail analyst Randy Harris of Trendex believes Simons' gradual expansion will make it a "national powerhouse" in the Canadian apparel market.

"A lot of retailers, while they're

worrying about Nordstrom and Saks, have got to be equally worried about Simons," Harris said.

He said Simons' mid-market pricing and strong private label offering will resonate with shoppers looking for something new. In addition to clothes, Simons sells some home goods and is introducing shoes and a new restaurant concept called Eve. But unlike department stores, it doesn't sell cosmetics or "hard goods" like appliances.

Simons says he and his brother are keenly aware of the risks — particularly in trying to build upon its success in Quebec and spread it to English Canada while juggling the logistics of operating across the country.

As a relatively unknown brand outside Quebec, Simons said he knows the first challenge will be marketing — specifically, to develop a relationship with shoppers so they keep returning after the initial rush wears off.

"There's still going to be this almost primordial desire for human contact, a quality human contact," he said. "I'm not trying to win their minds or their wallets. I'd like to win their hearts."

THE CANADIAN PRESS

VIDEO GAMES

Nintendo president dead at 55

Satoru Iwata, the longtime president of Nintendo, has died at 55, the company announced Sunday.

In a brief statement, the gaming company said, "Nintendo Co., Ltd. deeply regrets to announce that President Satoru Iwata passed away on July 11, 2015 due to a bile duct growth."

Iwata began working in the industry in the early 1980s. He joined Nintendo in 2000 and was appointed president in 2002.

Iwata, an enormously popular and influential figure in the industry, oversaw everything from hits like the GameBoy Advance SP and the Wii to the less successful Wii U. There has been no word yet on his replacement.

TORSTAR NEWS SERVICE



Satoru Iwata in 2009

DAVID MCNEW/GETTY IMAGES FILE





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MCDONALD'S

Minions toy upsets customers

McDonald's swears up and down that the little yellow "Minions" Happy Meal toy is speaking only nonsense words and not something more adult.

The world's largest hamburger chain and purveyor of Happy Meals said Friday it doesn't plan to take the talking Happy Meal

toy out of distribution — the promotion runs through the end of July — even though some customers say it sounds like cursing.

A toy bought by The Associated Press made a sound that could be interpreted as the phrase often abbreviated as "WTF." Another sounded like it could be "Well, I'll

be damned." The sound quality makes it hard to say definitively.

"The brain tries to find a pattern match, even when just receiving noise, and it is good at pattern recognition," says Dr. Steven Novella, a neurologist at the Yale School of Medicine.

THE ASSOCIATED PRESS

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ROSEMARY WESTWOOD

metroview

Maybe we should plan a little less and say yes a little more

It shouldn't be so hard to have fun.

On a recent afternoon, I was throwing out texts like confetti, looking for friends to come out and play.

Few could be found. Some had plans. Most just didn't feel like it.

Who doesn't feel like fun? The 30-somethings, that's who. We're too tired, too busy or too lazy for impromptu fun — the hallmark of youth. We're not the new 20. We're way too uptight for that.

We (OK, I'm 29) have a lot on the go. We pack our lives as tight as carry-on luggage, and curate our playtime like our wardrobe, pairing these people with those, never mixing those with them. Worse, we have an outsized sense of personal time — a euphemism for selfishness.

We're not up for anything, we're up for exactly what we feel like doing at exactly this minute.

Want to make plans? Let's play it by ear! Should we meet up? I'll see how I feel!

"This shouldn't be so hard," I complained to one friend, who agreed.

"Where's my crew?" I asked. She shook her head. Planning a party, she noted, is truly harder than herding cats. Some people promise to "stop by for a bit" before another event (they never show). Others "aren't sure

if they can make it" — code words for not wanting to commit.

We're not innocent, my friend and I agreed. We both cancel coffee dates on a whim. The other weekend I texted a friend that we'll "keep in touch about Sunday," and we didn't talk again for a whole week.

"The more the merrier" isn't a phrase we use often. We'll see one friend for a movie, another for a coffee, another for a yoga class. God forbid we should invite anyone else. We haven't seen this person in weeks (so busy!) — We need to catch up!

When I lived in the U.K., I had a true crew. We did everything together. Everyone was invited. There were no friend schedules. Fun was not work. Every Christmas Eve we'd sit around someone's table, with goose- or turkey-piled plates and Prosecco-topped glasses.

I imagined I'd own a house one day, and the door would always be open. People would pop by unexpectedly and stay for coffee. If anyone dropped by my apartment these days, I'd drop dead of shock.

If I have to work harder to find a friend than a source for a story, something is wrong. Maybe we should get over ourselves just a little bit, plan a little less, and say yes a little more. Either that, or admit it: We're too old to let the good times roll.

THE BIG POLL: Fitness fails

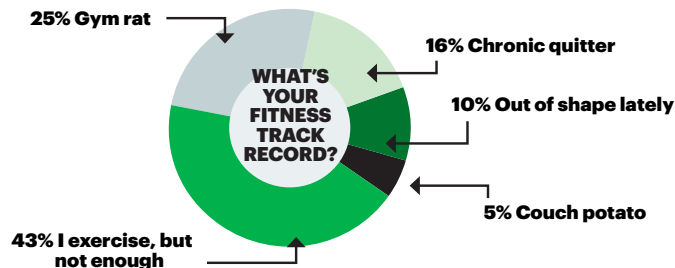
From skimpy summer clothes to Pan Am bodies, many of us have fitness on the brain. Wearable devices can help track your progress — if you use them. Recent research shows only half the people who sign up for the activity tracker Fitbit stick with it. A third quit within six months. We asked our online readers if they've ever flaked out on their fitness goals. THE ASSOCIATED PRESS

POLL: What would get you to stick to a fitness routine?

- 50% I have a routine
- 27% More hours in the day
- 7% Looking at super-fit people
- 7% A big financial reward
- 5% Doctor's orders
- 4% Nothing



POLL: Have you ever used a fitness app or wearable device?



479 Visit metronews.ca every Friday to answer The Big Poll.
RESPONDENTS

The curious history of Calgary's only naval base

KINGKADE'S CALGARY

Roger Kingkade



Like most major cities in Canada, Calgary has a rich military history. If you doubt this, think back to the summer of 2013, when happy hikers in the Weaselhead were discovering UXOs — unexploded ordnances — on the recently rinsed landscape. That was the site of the old Sarcee Military Training Range.

And like many major cities in Canada, Calgary has some landmarks that make you go, "What's that about?" Sometimes the two cross paths.

Now, if you think you're about to read about the big rocky numbers on Signal Hill, I don't blame ya. That's not what this is about.

Next time you're north-bound on Crowchild Trail

approaching the bend just before 17th Ave (the ever-present traffic jam), keep your peepers peeled for a nondescript blue and white building with a faded paint job save for where some large letters used to be.

That there is the old naval museum. Before that, it was the HMCS Tecumseh Navy Base. Calgary, my friends, had a navy base.

This is one of Calgary's great head-scratchers.

For starters, it's impossible for the ship known as Her Majesty's Canadian Ship Tecumseh to get to open water via the bow. Not because of access, mind you, but because the ship is a building located at 1820 24th St SW. True story.

So let's answer the question that burns in the minds of all Calgarians who get stuck in that traffic jam: Why does Calgary have a navy base?

KC Richards, spokesman for

Calgary's military museums, reminded me of an exhibit from a few years back called "Prairie Boys at Sea." The military estimates 22 per cent of sailors in Second World War were landlubbers from the prairie provinces seeking adventure on the ocean.

It makes sense there would be a naval recruiting station in Calgary, or any Canadian city for that matter.

Any of Canada's sons would do for service for King and Country.

It's remarkable HMCS Tecumseh is still there. Without a world war raging, Canada cut defence spending. It survived. When the Canadian Armed Forces were unified in 1968, Tecumseh survived.

The biggest threat may have been a fire in 1981. This event may have been the most water HMCS Tecumseh has ever seen. And she survived.

This peculiar base has an

important present as well as a noble history. HMCS Tecumseh is a training facility and houses a reserves unit. Other squadrons are in Edmonton and Red Deer respectively, so those cities share our maritime curiosity. You'll find both sea and naval cadets operating out of Tecumseh.

If you still think Calgary is a strange place for a naval base, you're right. That doesn't make us less proud of our naval tradition. Since the 1940s, HMCS hasn't seen much combat, but Calgary's sailors have been involved in critical missions: the Swissair 111 disaster; the Red River Flood of 1997.

Now you know.

Roger Kingkade co-hosts the Kingkade and Breakenridge show every weekday morning from 9 a.m. to noon on NewsTalk 770.

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PHILOSOPHER CAT
by Jason Logan



A burnout and a has-been

BATMAN V SUPERMAN

New trailer out at Comic-Con shows clash of fallen heroes

All is not well for Superman, audiences at Comic-Con found out on Saturday during a jam-packed and revealing Warner Bros. presentation. The studio also debuted a first look at the comic-book movie Suicide Squad at the annual convention.

Batman v Superman: Dawn of Justice was the main event that fans had camped out for days to see. Stars Ben Affleck, Henry Cavill, Gal Gadot and Jesse Eisenberg were on hand to talk about the superhero showdown — a step up from last year's Comic-Con when none of the stars was allowed to talk.

In the first full trailer for the film, out on March 25, 2016, we see a society that has turned against the godlike Superman (Cavill) following a massive disaster. While Holly Hunter's



“I think if I thought too hard about the actors who played this part before, I couldn't have taken the job.”

Ben Affleck on playing Batman

steadfast senator schemes with Eisenberg's Lex Luthor to protect the public from the dangerous Superman, Affleck's Batman decides to take matters into his own hands.

“The idea of Batman fighting Superman is a thing that happens all the time in comic books,” said Zack Snyder, who also directed Man of Steel. He

likes to pay homage to Frank Miller's The Dark Knight but wanted to make clear that this story is not that story.

Oscar-winning screenwriter Chris Terrio (Argo) wrote the script.

Snyder said the story will also launch toward bigger conflicts with other superheroes. “Who knows?” he said coyly.

“I mean, I do know.”

While audiences have met Cavill's Superman before, this is their first real introduction to Affleck's Batman.

“I think if I thought too hard about the actors who played this part before, I couldn't have taken the job,” said Affleck.

But Snyder explained to him that this Batman would be different.

He told Affleck that Bruce Wayne here is at “the end of his rope, he's older, he's a burnout.”

As the villain Lex Luthor, Eisenberg said that there's “always a campy element to the character.”

But unlike in previous versions, this Lex Luthor has an “emotional groundedness.” He

also has hair.

Gadot, who plays Wonder Woman in this film and in an upcoming standalone, said her character has the “strength of a superhero” but is “very sophisticated, loving and has a lot of emotional intelligence.”

Warner Bros. also showed the first footage from Suicide Squad, another DC Comic about a group of imprisoned supervillains recruited by a government organization to perform black ops for their freedom.

The film, directed by David Ayer, stars Will Smith as Deadshot, Margot Robbie as Harley Quinn, and Jared Leto as The Joker.

The first trailer shows the origins of the gritty, punk rock group of villains turned heroes.

“So that's it, we're the paties. We're some kind of suicide squad,” Smith's Deadshot says in the trailer. “So let's save the world.”

Leto's snivelling Joker, who sounds strikingly similar to Heath Ledger's version, closed the trailer with an ominous threat.

“No, I'm not gonna kill you. I'm just gonna hurt you, really, really bad,” he says.

Ayer, who is in the middle of shooting the movie in Toronto, made it a priority to fly to the convention with his cast.

He brought out Smith, Robbie, Viola Davis and others to say hello and quickly exit the stage. Smith said they'll be back next year for the film, which comes out on Aug. 5, 2016. THE ASSOCIATED PRESS

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The great shark disparity

BEACH SAFETY

Risk of shark attacks down in California, despite North Carolina news

Swimmers and surfers today are about 90 per cent less likely to be attacked by sharks off California's coast than they were in the 1950s, even though there are hundreds of thousands more people in the water, according to a new study.

The findings mark a stark contrast to recent headlines out of North Carolina, where a record

number of shark attacks have been reported this year. Eight people were bitten in the past three weeks alone.

More research is needed to explain the apparent disparity, said Francesco Ferretti of Stanford University's Hopkins Marine Station.

What the study did show was that although the reported number of attacks along California has risen slightly over the past six decades, the risk of attack has plummeted, according to Ferretti and fellow Stanford researcher Fiorenza Micheli.

"Considering how many more people are out there in the ocean, we should expect many more attacks," Ferretti said Thursday.

Researchers said the decline

likely was the result of sharks focusing their attention on their natural prey, such as sea lions and elephant seals — whose populations have surged in recent years thanks to conservation efforts.

There might also be fewer sharks in the water, they said. It's been tough historically to track shark populations.

On average in the 1950s, California saw less than one attack on humans per year, Micheli said. That number has gone up to about one or two attacks a year over the past decade.

The human population in coastal California tripled during the same period — from seven million in the 1950s to 21 million in 2013, the study

said. Meanwhile, the number of surfers, scuba divers and beachgoers has spiked.

In December, a juvenile great white pulled a man off his surfboard along the Central Coast. That was about 80 kilometres up the coast from the site of an attack on a surfer near Vandenberg Air Force Base in October. Both men survived.

In North Carolina, most of this year's attacks happened

in shallow water. The eight reported in the past three weeks broke a record for the most shark bites off the state's coast in the 80 years in which records have been kept.

Ferretti said more research is needed to determine what's behind that spike. Some experts say it might be related to an unseasonably hot June that rapidly raised ocean temperatures off North Carolina

and prompted fish to migrate north earlier than usual.

In California, researchers put the odds of a swimmer getting attacked by a great white at about one in every 738 million beach visits.

"You have a better chance of winning the lottery," Ferretti said. For surfers, the chances were one in 17 million.

Attacks are much less likely in San Diego, Orange, Los Angeles and Ventura counties. That's because sharks in Southern California tend to be juveniles, so they're smaller and less dangerous, researchers said. As they grow, they migrate north to find prey, so they're more dangerous in Northern California.

THE ASSOCIATED PRESS

REDUCING THE RISK

Attack rates in California vary throughout the year, with the highest in October and November and the lowest between March and May. The pattern matches sharks' seasonal shifts in migration, says Francesco Ferretti of Stanford University's Hopkins Marine Station.



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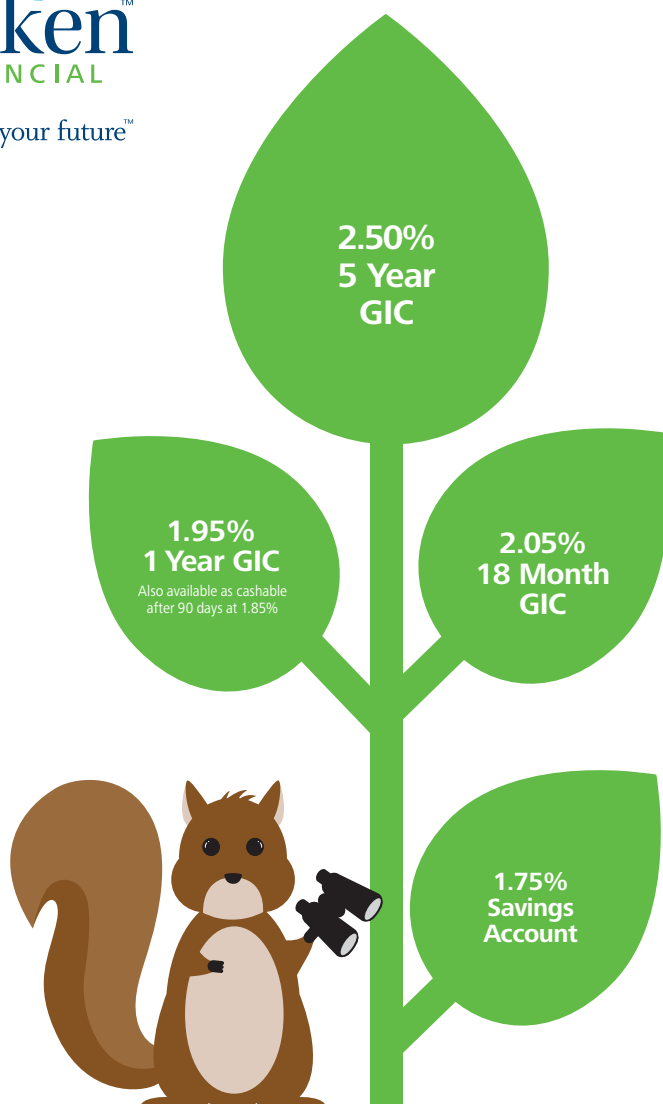
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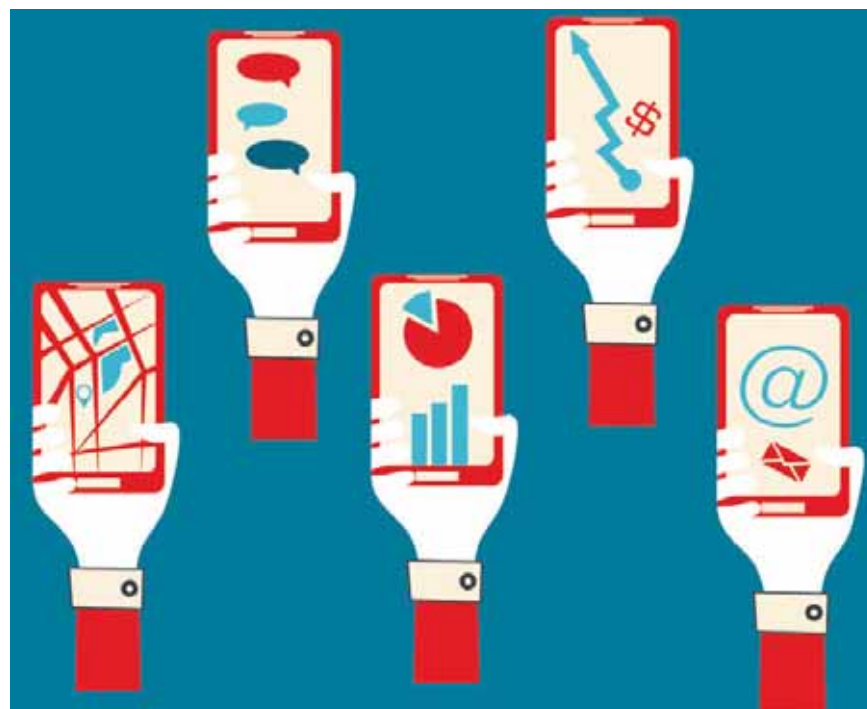


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Three apps to help keep your assets in check

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Getting started in personal finance is often as simple as keeping track of where your money is going in and where it is coming out.

Unfortunately, when most of us get home from our jobs, commutes, workouts and whatever else life throws at us, the last thing we want to do is sift through bank

statements and utility bills.

The most painless way I've found to stay on top of my finances is to make things as automated as possible, and then simply track it all using my smartphone.

See if these three apps make your life easier when it comes to managing your finances:



MINT

Market leader

Mint is the most commonly used personal finance app and is widely reported as being the market leader for good reason. Mint is excellent at tracking your spending and helping you budget, but where it truly separates itself from the pack is its automatic importing feature. By linking up your investments, credit cards, savings and chequing accounts with your Mint profile, you can import all of your relevant information into one place without even thinking about it.



YOU NEED A BUDGET

Planning ahead

The cloud platform You Need a Budget (YNAB) is Mint's chief competitor. While the app doesn't have Mint's automatic importation feature, supporters feel that the focus on planning your financial future more than makes up for it. YNAB isn't free (unless you're a post-secondary student), but during seasonal sales you can snag a licence for well under the normal one-time price of \$60. Purchasing YNAB also gives you access to financial literacy classes and tutorials.



WAVE

Small business

If you're a small business owner or freelance contractor, this is the app for you. I use Wave to keep track of both my personal and business transactions because it's simple and custom-made for small business owners. My favourite feature is the ability to scan receipts on my smartphone, which are then automatically imported into my Wave account where they are fully searchable at a later time. Say goodbye to your shoebox full of random receipts come tax time!



Office loafers can be a drag, but sometimes it's best to turn a blind eye and let your boss deal with their negligence. ISTOCK

Rising above your slacking co-worker

PRODUCTIVITY

Don't let a lazy colleague get you down in the dumps

OFFICE RELATIONS

Eleni Deacon



You scarf down lunch at your desk, Alex takes a 90-minute stroll. You spend all day answering emails, Alex catches up on Facebook. And when 5 p.m. hits, he's out the door — while you're stuck wrapping up loose ends until dinnertime.

Loafer co-workers can be a persistent drag. Not only can they seem oblivious to the volume of work they should actually be tackling, it's often their peers who must make

up for their slacking. When faced with a colleague who won't carry their weight, don't seethe — seek relief.

Start by evaluating the sloth's impact on your workload and output. Is their laissez-faire approach actually hindering your performance or is it merely irritating to watch them chill out while you stress out? In the latter case, the problem isn't so much about their work ethic as your reaction to it. Rather than resenting them, try to ignore them.

Constantly covering their tracks? There's an out: Stop. By picking up where their laziness leaves off, you enable their apathy. Provided you won't get blamed in the process, consider turning a blind eye next time they might miss a deadline. Better your boss notices their negligence — and takes action — than prolonging an unfair cycle in which you spend hours compensating for someone

“When faced with a colleague who won't carry their weight, don't seethe — seek relief.”

Eleni Deacon

else's hour-long breaks.

When a conversation becomes necessary, talk directly to your co-worker before raising your complaints with the higher-ups. Avoid being accusatory; your concerns will have more oomph if you lead with curiosity. Ask about their work style and whether there's a reason they've fallen behind.

What you take for lethargy could just be a different way of doing things. Their pace might be slow because they pay meticulous attention to detail, or they may be confused about a project's requirements. Try to

understand each other's perspective and establish a concrete division of work.

If you're still sweating while they're vegging, it's time to bring in your boss. Again, put your emphasis on examples rather than gripes. Point to specific ways in which your colleague's carelessness has affected your output, keeping the discussion centered closely on work rather than personal grievances. Although it's fair to address how a co-worker's disinterest has affected your ability to do your job, it's best not to seem like a tattler. Don't vent frustrated feelings — focus on facts.

Some slugs will never perk up. And while their inertia can be infuriating, it can also be time-wasting. Try not to obsess over how little progress someone else is making on their daily tasks. Instead, concentrate on how far you can go in your career.

The stuck stops here

TIPS FOR SUCCESS

Feeling stuck? Here's how to get out of any sticky situation

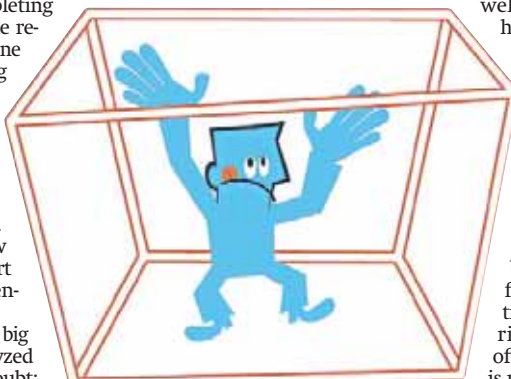
Everyone gets stuck. Sometimes we get tripped up completing the simplest tasks — like retrieving a file from someone else's computer or picking what to eat for lunch. Sometimes we run into a mental block when working on a creative project or assignment — like, um, an article about getting unstuck. (Seriously, do you know how long it took to start writing those two sentences?)

And other times it's the big stuff that leaves us paralyzed with indecision or self-doubt: What we want to do with our lives, where we want to live, whether — or when — we want to start a family.

Prof. Bernard Roth, co-founder of the Hasso Plattner Institute of Design at Stanford, teaches an entire class on getting stuff done. His students have to come up with and complete one big task per term — anything from building a rocket to completing a triathlon. And his new book,

The Achievement Habit: Stop Wishing, Start Doing, and Take Command of Your Life, applies the insights gleaned from 40 years of teaching people how to achieve their goals.

We asked Roth for some suggestions on how to get started already.



ISTOCK

Reframe your problem

The reason why so many people get stuck? Because, Roth says, they're often asking the wrong question, or identifying the wrong thing as the problem.

“For example, the other day I rented a car, and I couldn't find where the release was for the gas tank cap,” he explains. “I spent about 20 minutes trying

to find the release button before I saw a similar car getting gas. I went over, and I said, ‘Where did you get the release?’ He said, ‘There is no release — just open the cap.’”

So if Roth had asked himself “How do I get the cap open?” instead of “How do I find the release button?” — well, he wouldn't have had a problem at all.

This works for not only the most mundane everyday tasks, but the monumental ones too. Says Roth: “If people back off and reframe their question and find the right problem, often the answer is right there.”

Draw it out

In his book, Roth includes 22 exercises that can help readers conquer a mental block, and a lot of them include visuals — from storyboards to mind maps to all sorts of diagrams. Roth says visuals unleash creative thinking. “Pictures just encapsulate so much more information and nuance. They're more evocative.”

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Djokovic remains atop men's tennis mountain

TENNIS

Federer denied record eighth Wimbledon championship

Novak Djokovic got the better of Roger Federer at Wimbledon again. The defending champion outplayed Federer in four sets Sunday to win his third Wimbledon title and ninth Grand Slam championship, cementing his status as the dominant player in the game.

In a repeat of last year's final, won by Djokovic in five sets, the top-ranked Serb overcame the loss of seven set points in the second set and pulled away to beat the seven-time champion 7-6 (1), 6-7 (10), 6-4, 6-3.

The top-seeded Djokovic broke No. 2 Federer four times and saved six of the seven break points he faced. Still in his prime at the age of 28, Djokovic further enhanced his reputation as one of the greats of the game.

In winning the 40th career matchup between the two, Djokovic prevented Federer from winning a record eighth Wimbledon title.

"I was aware coming on the court that Roger was going to play like he always plays — at his best, when it matters the most," Djokovic said. "He makes



Novak Djokovic of Serbia celebrates with the trophy after winning the Final of the Gentlemen's Singles against Roger Federer of Switzerland on Day 13 of the Wimbledon Lawn Tennis Championships July 12. CLIVE BRUNSKILL/GETTY IMAGES

you push your limits, he makes you work hard and earn every single point. He's not going to hand you the match."

Djokovic closed out the match by breaking Federer for the second time in the fourth set, hitting an inside-out forehand winner into the open court on the final point. He pumped his arms and screamed, then

bent down, plucked some grass from Centre Court and put it in his mouth — just as he did when he won his first title in 2011 and again last year.

"It tasted very, very good this year," Djokovic said. "I don't know what the groundspeople have done, but they've done a great job. It's a little tradition, obviously. As a kid, I was really

dreaming of winning Wimbledon, and as every child, you dream to do something crazy when you actually achieve it, if you achieve it, and that was one of the things."

Djokovic equaled the number of Wimbledon titles won by his coach Boris Becker, who won at the All England Club in 1985, '86 and '89. "We man-

“He makes you push your limits, he makes you work hard and earn every single point.”
Novak Djokovic, on Roger Federer

aged to find the right chemistry and he has contributed a lot," Djokovic said. "This is his trophy equally as mine." Djokovic also became the first man to retain the Wimbledon title since Federer did it in 2007.

"He was tough on the bigger points," Federer said. "Then at the end, he was rock-solid. I thought he played great. I didn't play bad myself. ... That's how it goes." Sunday's victory evened their career head-to-head record at 20-20, but Djokovic now holds a narrow edge where it counts the most — 2-1 in Grand Slam finals, 2-1 at Wimbledon and 7-6 in majors overall. The 33-year-old Federer will now have to wait another year to try again to become the first man to win eight Wimbledon singles titles. In 2012, he equaled Pete Sampras and 1880s player William Renshaw with seven.

"Novak played not only great today but the whole two weeks, plus the whole year, plus last year, plus the year before that,"

THE ASSOCIATED PRESS



Serena Williams
JULIAN FINNEY/GETTY IMAGES

WIMBLEDON

Williams again top woman

Serena Williams overcame a slow start, eight double-faults and a nervy finish to beat Garbine Muguruza 6-4, 6-4 on Saturday for her sixth Wimbledon title, fourth Grand Slam championship in a row and 21st major overall.

The win means Williams holds all four Grand Slam titles at once — completing the second "Serena Slam" of her career. What's more, she secured the third leg of a calendar-year Grand Slam and, if she wins the U.S. Open, will become the first player to sweep all four majors in the same season since Steffi Graf in 1988.

Williams, winning her 28th straight Grand Slam match, is now just one major title behind Graf on the Open era list and two behind all-time leader Margaret Court Smith.

From 4-2 down in the first set, Williams ran off five straight games to take the set and go up 1-0 in the second. She pulled out to a 5-1 lead and twice served for the match but couldn't convert.

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Cyclists, sharpshooter earn Canadians three more gold

PAN AM GAMES

Batty and Gagne win on bikes, Kiejko with air pistol

Canada has added three more gold to its collection at the Pan Am Games on Sunday.

Emily Batty, of Brooklin, Ont., and Catharine Pendrel of Harvey Station, N.B., finished one-two in the women's mountain biking competition, while Raphael Gagne of Quebec City won the men's race.

Canada's third gold came in shooting, with Calgary's Lynda Kiejko winning the women's 10-metre air pistol. In the women's mountain bike, Batty finished the race in one hour 27 minutes 13 seconds — seven seconds faster than Pendrel.

"It's really just pushing each other," Batty said. "It doesn't matter who's first on the day as long as it's a Canadian. So we got gold and silver, which was amazing."

Pendrel, who won gold in the event at the 2007 Rio Games, is known for setting a strong early pace and hoping others can't match it. Batty showed she was up for the challenge.



It doesn't matter who's first on the day as long as it's a Canadian.

Mountain biker Emily Batty



Emily Batty in the final of the women's event at the Toronto 2015 Pan Am Games on Sunday. Batty won gold and teammate Catharine Pendrel won silver. FRED THORNHILL/THE CANADIAN PRESS

"Emily and I are really motivated by each other," Pendrel said. "We don't just want to be the best at this race, we want to be the best in the world. You can be the best in the world by pushing the most that you can out of your riding and I think we did that today."

Gagne finished the men's six-lap race in 1:31:14.

"I think I played it very

smart," Gagne said. "I paced myself well, I drank well and I ate well and it played into my favour. I've always been able to start strong but sometimes my finishes were not as strong. But definitely today I finished really, really strong so I'm happy with this."

Kiejko scored 195.7 to win the air pistol and finish ahead of Mexico's Alejandra Zavala and Lilian Castro of El Sal-



Raphael Gagne holds a Canadian flag after crossing finish line to win gold in the men's mountain bike event at the 2015 Pan Am Games. FRED THORNHILL/THE CANADIAN PRESS

vador.

It was Kiejko's second Pan Am medal. She captured bronze in the same event in 2003.

"This gold medal is especially sweet for me," said Kiejko, who comes from a family of shooters. "Four years ago, my sister won the gold medal in Guadalajara in the same event. It's pretty awesome."

Canada's equestrian team

added a silver medal in team dressage.

The day came with some disappointment as Canada failed to medal in the men's triathlon. It's the first time in Pan Am Games history Canada hasn't won a triathlon medal.

Andrew Yorke, of Caledon, Ont., was the top Canadian finisher in seventh place.

THE CANADIAN PRESS

MLB

Jays fall short of comeback

SUNDAY in Kansas

11 ROYALS **10** JAYS

Paulo Orlando broke a tie with an eighth inning homer and Kendrys Morales hit a three-run homer as the Kansas City Royals defeated the Toronto Blue Jays 11-10 after blowing a seven-run advantage Sunday.

The Royals enter the All-Star break with an American League-leading 52 victories. Orlando hit a 2-1 Bo Schultz (0-1) pitch out to left to lead-off the eighth.

Kansas City led 7-0 after five innings, but the Blue Jays sent 12 men to the plate in an eight-run sixth. Danny Valencia and Jose Bautista contributed two-run doubles in the inning.

Seven of the runs were unearned after Mike Moustakas and Omar Infante committed errors.

The Royals regained the lead with three in the bottom of the inning with Lorenzo Cain, who had three hits, singling in one run. Alcides Escobar had a RBI on a ground out, while the other run scored on Jose Reyes' second error of the game.

The Jays got a run back in the seventh on a Russell Martin RBI-doubles. Reyes, who had his second straight three-hit game, singled home Kevin Pillar, who had tripled, in the eighth to tie it 10-10. It was only the second run Royals reliever Wade Davis (5-1) had allowed this season.

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Canada's captain Jen Kish dives over to score in Canada's 55-7 win over USA in the women's rugby sevens gold medal game at the 2015 Pan Am games. CHRIS YOUNG/THE CANADIAN PRESS

PAN AM RUGBY SEVENS

Canadian women win gold in landslide over United States

Canada has won gold in the inaugural women's rugby sevens competition at the Pan American Games. The Canadian women defeated the U.S. 55-7 at Exhibition Stadium, normally known as BMO Field, to go unbeaten in six games at the Pan Am competition.

"There's definitely more great days for this team," said Canadian captain Jen Kish. "Every time we put on the Canadian jersey, we want to give the best performance

that we can. We're always cup-hunting. We always want to be the best that we can be so you can expect many more trophies from us building towards Rio."

Canada had defeated the U.S. 34-12 in a meaningless pool match prior to the championship game that saw both teams rest some of their big guns.

The U.S. points were the first scored against Canada at the tournament in 67 minutes play.

The Canadian women outscored their opposition 230-12 going into the final, running in 38 tries while conceding two.

Canada was the top-ranked team in the six-team women's Pan Am competition, having finishing second in the Women's Seven Series last season.

The Americans were fifth on the circuit and Brazil eighth. Brazil beat Argentina 29-0 for the bronze.

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IN BRIEF

Canuck diver tops podium

Canadian divers continued their dominant run at the Pan American Games on Sunday as Jennifere Abel won gold and Pamela Ware took silver in the women's three-metre springboard.

Abel, from Laval, Que., took the lead after her second dive and cemented it with an incredible third dive that scored 86.70.

She finished with a total score of 384.70 — 58.70 points ahead of Ware.

THE CANADIAN PRESS

McGregor backs up talk

UFC

Early Mendes pressure fails as Irishman earns KO win

Conor McGregor spent much of the first two rounds on his back while Chad Mendes threw elbows at his head, and yet his screaming Irish fans kept faith.

During his meteoric rise in the UFC, McGregor has sold his self-confidence with enough flair to turn most anybody into a believer in his invincibility, even in the face of 9 1/2 minutes of contrary evidence.

And when the trash-talking mixed martial arts sensation finally got free late in the second round, he backed up every single word.

McGregor won the interim featherweight title at UFC 189 on Saturday night, stopping Mendes with three seconds left in the second round while emphatically arriving as one of the promotion's biggest stars.

After struggling to break free from Mendes' suffocating wrestling and ground game, McGregor (18-2) finished the fight with a lightning-quick combination after Mendes failed on a submission attempt. A big left hand put Mendes down, and McGregor pounded away for the stoppage before jumping onto the cage in celebration.

"Tonight, I'm going to toast good business," McGregor



It's a crazy game, and you know, I absolutely love it.

Conor McGregor

+ WELTERWEIGHT

Lawler keeps title

Robbie Lawler stopped Rory MacDonald early in the fifth round at UFC 189 on Saturday night, defending his welterweight title in a spectacularly bloody bout.

Lawler (26-10) battered MacDonald for much of the final four rounds, leaving the Canadian challenger with a badly damaged nose. Lawler finally ended it with a big left hand directly into the face of MacDonald, who rolled onto his back in agony before Lawler finished him 60 seconds into the fifth.

Lawler also was staggered repeatedly by MacDonald, and he barely made it to the bell in the third round of an occasionally jaw-dropping brawl. Both fighters bled profusely in the final rounds, but Lawler persevered for his first successful title defence and his second victory over MacDonald (18-3).

THE ASSOCIATED PRESS

said. "And it was damn good business.... It's a crazy game, and you know, I absolutely love it."

McGregor later sank to his knees in tears, an Irish flag in his hands, while the standing-room-only crowd at the MGM Grand Garden Arena roared. The loquacious ex-plumber from Dublin has now made good on just about every boast and threat he ever issued — and there have been thousands.

Mendes (17-3) stepped in for injured featherweight champion Jose Aldo just 2-1/2 weeks ago, and the elite wrestler



Conor McGregor celebrates after defeating Chad Mendes in their interim featherweight title mixed martial arts bout at UFC 189 Saturday in Las Vegas. JOHN LOCHER/THE ASSOCIATED PRESS

was in control of the fight until McGregor's heavy hands changed everything in an instant.

Mendes embraced McGregor in sportsmanship after a promotion dominated by high-level trash talk, most of

it from a bearded, tattooed Irishman who already looks comfortable with a title belt around his waist.

"I've been hearing all the while that I've been protected from this kind of opponent, that I've been gifted a

title shot," McGregor said. "So when my title shot went running and they gave me the challenge I was supposed to be protected from, I (decided) that I'm just going to prove to people that I'm a true fighter."

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Clint Laye of Cadogan, Alta., rides horse Virgil. CANDICE WARD FOR METRO

STAMPEDE

Pair net \$100K in rodeo

A pair of young Canadian cowboys each took home \$100,000 for winning their respective events on Showdown Sunday at the Calgary Stampede.

Clint Laye, 21, of Cadogan, Alta., started things off by winning the bareback championship, while Zeke Thurston, 20, of Big Valley, Alta., followed up his Canadian counterpart with a victory in the finals of the saddle bronc event. Laye had an 88-point ride aboard Virgil in the second event of the championship finals to beat last year's champion Kaycee Feild by just one point.

Shortly after Laye accepted his \$100,000 cheque, Thurston, Cody DeMoss and Wade Sundell all posted scores of 90.5 in the saddle bronc finals to force a buck-off. After Sundell and DeMoss had rides of 82 and 85 points respectively, Thurston scored 88.5 aboard Easy To Love to win his first title at the Calgary Stampede.

Meanwhile, in one of the events Timber Moore of Aubrey, Tex., won the tie-down roping title with a time of 8.1 seconds in the finals to edge out Curtis Cassidy of Donald, Alta., by just 0.1 of a second. Cassidy still received \$25,000 for placing second. THE CANADIAN PRESS

IN BRIEF

Fowler edges Kuchar by one shot at Scottish Open

Rickie Fowler birdied three of his last four holes to overhaul fellow American Matt Kuchar and win the Scottish Open by one shot on Sunday for his second victory of the year.

Kuchar was on the practice range, preparing for a playoff, when Fowler sent his approach on No. 18 to within 18 inches. He tapped in the putt for a two-under 68 — the same score as Kuchar — and an overall 12-under 268.

It is the fourth title of Fowler's professional career, coming two months after winning The Players Championship, and the second outside the United States after the Korea Open in 2011. And his links game looks in good shape ahead of next week's British Open at St. Andrews.

Raphael Jacquelin of France birdied the last hole for 70 to tie for second place with Kuchar, and claim one of three British Open places on offer.

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CFL

Humbled Stamps face unbeaten Argos

The Calgary Stampeders will try to avoid losing back-to-back games for the first time in three years on Monday night when they host the unbeaten Toronto Argonauts.

It's Calgary's first game in 10 days, leaving the defending Grey Cup champions with plenty of time to stew over last week's 29-11 loss to the Montreal Alouettes.

"The important thing is that we take advantage of the rest that we got, take advantage of the extra time to prepare and go out and play a good football

game," said Stampeders coach and general manager John Hufnagel.

Calgary could easily be winless. The Stampeders needed a 50-yard field goal on the final play of their season opener to beat the Hamilton Tiger-Cats 24-23.

Calgary quarterback Bo Levi Mitchell has had a slow start to the season, throwing just one touchdown pass while being intercepted three times. His touchdown to interceptions ratio was 22-to-8 last year.

"It starts with me, being a



The important thing is that we take advantage of the rest that we got.

Stampeders coach/GM John Hufnagel

second-year guy and having the year we had last year," said Mitchell, who was the Grey Cup most valuable player last sea-

son. "As the quarterback, the guy that touches the ball every play, that's how I feel. I feel like it's my job to go out there and make sure that as an offence, we do take that next step. Make games easier on our defence."

Mitchell gets a big weapon back this week in wide receiver Jeff Fuller.

Fuller had nine catches for 164 yards in Week 1. He missed last week's game with soreness in the same knee which he had season-ending surgery on last October after tearing the MCL.

THE CANADIAN PRESS

RECIPE Tex-Mex Salmon over Avocado, Tomato and Black Bean Salad



EAT LIGHT AT HOME

Rose Reisman

rosereisman.com

@rosereisman



This Southwestern twist on grilled salmon is a delicious and zesty BBQ option for summer. Serves 4.

Ready in

Prep time: 10 minutes

Cook time: 10-15 minutes

Ingredients

- 1 1/2 lb salmon filet
- 1 cup grape tomatoes, sliced in half
- 3/4 cup canned black beans, drained and rinsed
- 1/2 cup diced ripe avocado
- 1/2 cup diced yellow bell pepper
- 1/4 cup diced red onion
- 2 Tbsp lemon juice
- 1 Tbsp olive oil
- 2 tsp minced jalapeno peppers

- 1/2 tsp minced garlic
- Salt and pepper
- 3 Tbsp chopped cilantro or parsley

Directions

1. Grill or roast salmon at 425 F for 10 minutes per inch of thickness.

2. Meanwhile, add remaining ingredients to serving bowl. Mix well and place on serving platter with salmon over top.

Nutrition per serving

- Calories 390
- Protein 37 g
- Carbohydrates 19 g
- Fat 17 g
- Saturated fat 2.5 g
- Cholesterol 95 mg
- Sodium 380 mg
- Fibre 4 g

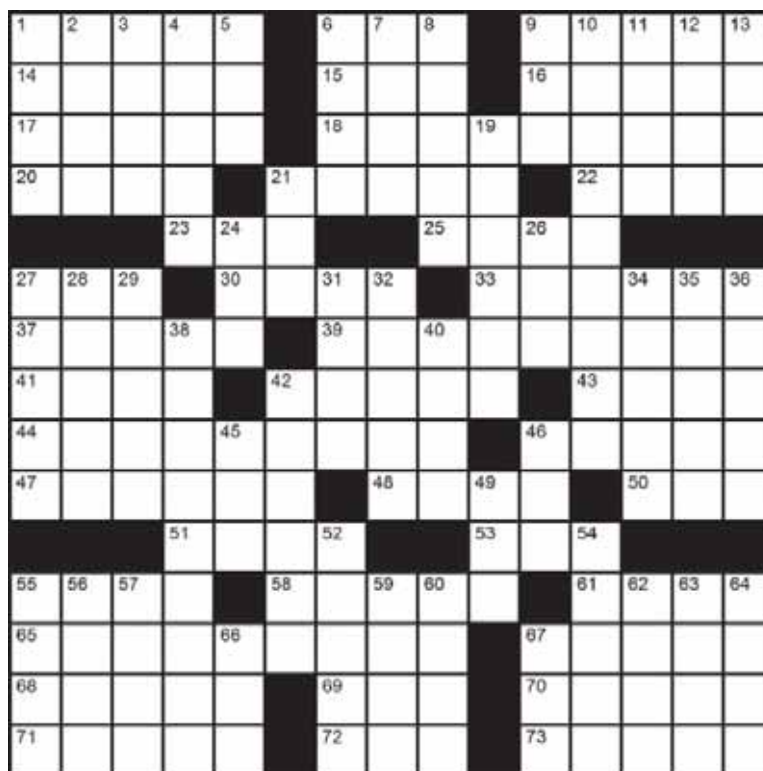
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. __ Sainte-Marie (Cree singer/songwriter who is an Officer of the Order of Canada)
6. Medical pro
9. Extract metal from ore
14. Droplet-looking throat part
15. Jeff Lynne's gr.
16. Racecar driver Mr. Castroneves
17. Baseball great Mr. Jeter
18. Interac user's access code: 2 wds.
20. Pronounces
21. Tend the fire
22. Brewer's kiln
23. Gardening tool
25. Incision leftover
27. Photo __ (PR events)
30. "___ there, done that."
33. Snugly warm
37. Red Hot __ Peppers
39. Classic uniform hue for the CFL's Bombers: 2 wds.
41. __ Saint-Luc, Quebec
42. The White Cliffs of __ (Coastline attraction in England)
43. Dryer's fluff
44. #1-Across' famous protest song: "___ Soldier"
46. Citi Field baseball player, ___
47. Go back on a deal
48. Oodles
50. Tokyo, formerly
51. Ore deposit
53. __ degree



55. Ice floes animal
58. __ ray gun (Sci-Fi weapon)
61. American singer Ms. King, daughter of SNL alum Rob Schneider
65. Art of making a dead animal still look alive
67. Extraterrestrial

68. "It's so easy, __ can do it!"
69. Max. or min., as per speed
70. New album by #1-Across: 'Power in the __'
71. Shoe heel style
72. Code for Whitehorse's international

- al airport
73. Belonging to Hartford's li'l state

DOWN

1. Pre-leaf forms
2. Iris spot
3. Rage
4. Nudist colony sight
5. Tibetan ox
6. Store section, shortly
7. Mixture
8. __ out (Stops running)
9. Moo __ pork (Take-out dish)
10. Unforgettably
11. Napoleon's

- exile isle
12. Fibs
13. Wrongdoing, in law
19. Fruit juice
21. View
24. Geisha's outfit accessory
26. ISP, e.g.
27. Happen
28. Communications device
29. '60s-style protest
31. Ancient love god
32. Stars that suddenly shine brightly
34. Snail's trail
35. Adjusted the guitar's strings
36. Bryan Adams' "The Best Was __ Come"
38. Evening out
40. Shout
42. River excavator
45. Self-pride
46. Tuktoyaktuk locale, briefly
49. Bambi's aunt
52. Ahead of time
54. Common greeting
55. Slow-cooked meal
56. Icicle holder
57. Chopped
59. Gladiator's 2009
60. "Hey Hey, __ (Into the Black)" by Neil Young & Crazy Horse
62. Safari roarer
63. Kings of __ (Rock band)
64. Breaks off
66. Board game cube
67. TV network

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A relationship problem must be dealt with this very moment. If you leave it any longer the window of opportunity you have to make things better will close once and for all. Whatever the issue is, find ways to get over it.

Taurus April 21 - May 21
You simply don't care if some of the things you say offend other people — in fact you want it to happen. You will choose your words for maximum impact today.

Gemini May 22 - June 21
Try not to worry about money matters today because there is nothing you can do to change things. Use your imagination to visualize being rich and secure. What you imagine today will be your reality tomorrow.

Cancer June 22 - July 23
Whatever you suggest, people seem determined to do the opposite. You could try to be smart and sell them a bluff. Suggest they do what you actually don't want them to do. It's an obvious trick but it might just work.

Leo July 24 - Aug. 23
Why are you panicking? What could go wrong? With so much cosmic activity in the most sensitive area of your chart you have a tendency to look on the dark side. Lighten up, it's life!

Virgo Aug. 24 - Sept. 23
Why do you believe you have to prove yourself to people you hardly know? You are under no obligation to perform for their delight. If anything it should be the other way around.

Libra Sept. 24 - Oct. 23
Don't try too hard to make a name for yourself over the next few days because the planets warn you could end up with a name you don't like. You don't have to keep a low profile but you do have to play by the rules.

Scorpio Oct. 24 - Nov. 22
Somehow you will know in an instant what the people you deal with are thinking and feeling. That makes it easier for you to predict what they are going to do next, maybe even before they know it themselves.

Sagittarius Nov. 23 - Dec. 21
Your confidence may take a bit of a dip over the next few days. Mind you, your self-belief is usually so high that most people will still think you're incredible.

Capricorn Dec. 22 - Jan. 20
Be on your guard if someone offers you something for nothing today. It could be their generosity is not all it seems and you'll be expected to do something in return. Know the deal before you agree.

Aquarius Jan. 21 - Feb. 19
The harder you work the more work there seems still to do but you will get there in the end. Keep moving along at a steady pace.

Pisces Feb. 20 - March 20
Throw yourself body and soul into what you are working on and believe that it will all come right in the end. The moment you start worrying is the moment you begin to lose focus and momentum.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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